

2019 - 2020 SOLUTIONS GUIDE

Resources for
Older Adults,
People with
Disabilities
and Family
Caregivers

About This Guide

CICOA Aging & In-Home Solutions is pleased to provide the 2019-20 edition of the *Solutions Guide: A Resource for Older Adults, People with Disabilities and Family Caregivers*.

As the state's largest Area Agency on Aging, CICOA serves Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan and Shelby Counties. CICOA's mission is to empower older adults, those of any age with a disability, and their caregivers by providing the innovative answers, services, and support they need to achieve the greatest possible independence, dignity, and quality of life. We do this by linking people with community-based resources to help them stay in control of their lives and out of institutional care.



The organizations, programs and services listed in this directory are continually changing. If you cannot find the resource you need in this directory or would like to discuss your situation with someone, please call CICOA's Aging & Disability Resource Center (ADRC), a one-stop source of information and assistance for older adults, people with disabilities and family caregivers. Phone options counselors are available Monday through Friday, 8:00 a.m. – 5:00 p.m., at 317-803-6131 or 800-432-2422.

CICOA Foundation

Your Gift Makes a Difference

Since 1974, CICOA Aging & In-Home Solutions has been empowering older adults, those of any age with a disability and family caregivers to achieve the greatest possible independence, dignity and quality of life.

Your **secure, tax-deductible donation** to the CICOA Foundation provides:

- Accurate, unbiased answers about public and private programs and services related to aging, disability and family caregiving;
- Coordinated care plans for in-home services;
- Appetizing, nutritionally balanced meals;
- Transportation services and discount travel vouchers;
- Caregiver respite and assistance;
- Home accessibility modifications;
- Advocacy for elder friendly communities and compassionate, affordable long-term care options.

To make a gift, please visit www.cicoa.org/donate or call 317-803-6034.

Contents

About This Guide	1
CICOA Foundation	2
Contents	3
Basic Needs	10
CICOA Neighborhood Meals.....	11
CICOA Meal Vouchers	14
CICOA Nutrition Education.....	15
Commodity Supplemental Food Program	15
Home-Delivered Meals.....	16
CICOA Meals & More	16
Meals on Wheels.....	16
Food Pantries	17
Grocery Delivery	17
Home Accessibility Evaluation	18
Homeless Shelters	18
Low-Income/Subsidized Rental Housing	18
Supportive Housing.....	19
Continuing Care Retirement Communities.....	19
Assisted Living	19
Adult Family Care.....	20
Structured Family Caregiving	20
Thrift Stores & Donations	21
Transportation	22
County Senior Service Transportation	23
Utility Assistance and Weatherization	24

Township Trustees.....	25
Consumer Services	28
Consumer Assistance and Protection.....	29
Better Business Bureau (BBB).....	29
Office of Indiana Attorney General.....	29
Disability Parking Permits	29
Money Management	30
Representative Payee Services.....	30
Reverse Mortgage Programs.....	31
Tax Services	31
Unified Tax Credit	31
Education & Enrichment	33
Elderhostel Programs	36
Environment & Public Health/Safety.....	37
Fire Prevention Information.....	38
Poison Safety Education.....	38
Public Health.....	38
Public Safety	39
Health Care	41
Assistive Technology Equipment & Services.....	42
Dental Care.....	42
Indiana Donated Dental Services	45
Driver Assessments	45
Flu Vaccines	46
Geriatric Assessments	47
Deaf and Hard of Hearing Services	48
Hearing Aids	48
HIV Testing (Confidential).....	49
Home Care	50
CHOICE	50

Medicaid Waiver.....	50
Program of All-Inclusive Care for the Elderly (PACE®).....	51
Visiting Physician Services.....	52
Hospice Care	52
Low-Vision Aids.....	53
Eye Care	53
Glasses	53
Eye Disease Treatment.....	53
Low-Vision Rehabilitation	54
Equipment for the Visually Impaired.....	54
Donating Used Glasses.....	55
Medication Management.....	55
Nursing Facilities.....	56
Nursing Home Placement	56
Pre-Admission Screening Resident Review (PASRR)	56
Personal Emergency Response Systems.....	57
Respite Care	58
Service Animals	58
Wellness Programs	59
Income Support.....	61
Employment	62
Public Assistance Programs	64
Medicaid.....	64
Supplemental Nutrition Assistance Program (SNAP).....	64
Supplemental Security Income (SSI)	64
Retirement Benefits.....	65
Civil Service Retirement Benefits	65
Veteran Retirement Benefits	65
Railroad Workers Retirement Benefits	66

Social Security Retirement Benefits.....	66
Senior Corps Volunteer Program.....	66
Senior Companion Program	66
Foster Grandparent Program.....	66
RSVP Program	67
Social Health Insurance.....	67
Medicare	67
Medicare Prescription Drug Coverage (Part D)	68
Low-Income Assistance Programs	68
State Health Insurance Assistance Program (SHIP)	69
Senior Medicare Patrol	69
Veteran Health Insurance	70
Individual & Family Life.....	71
Adult Day Service Providers	72
Aging-in-Place Organizations/Networks	74
Safe at Home	74
Companionship.....	75
Friendly Visiting.....	75
Home Repair and Maintenance	76
Community Development Corporations (CDC).....	76
Habitat for Humanity	78
Interpretation/Translation.....	78
Language Interpretation.....	79
Telecommunication Relay Service.....	79
Pet Companionship	79
Protective Services	81
Adult Abuse Reporting	81
Adult Protective Services	81
Support Groups and Support Lines	81

Alcoholism and Substance Abuse.....	82
ALS Support Groups	82
Alzheimer’s Support Groups	82
Arthritis Support Groups.....	82
Autism Support Group.....	82
Brain Injury Support Groups.....	82
Cancer Support Groups	83
Caregiver Support Groups	84
Crohn’s and Colitis Support Groups.....	84
Diabetes Support Groups.....	84
Lung Health Support Groups	85
Multiple Sclerosis Support Groups	85
Osteoporosis Support Groups.....	85
Parkinson’s Support Groups	85
Pet Grief Support Groups.....	85
Stroke Support Groups.....	86
Vision Support Groups	86
Support Lines	86
Volunteer Development.....	87
Legal Services.....	90
Adult Guardianship Assistance	91
Legal Assistance	91
Long-Term Care Ombudsman Programs.....	93
Mental Health & Substance Abuse.....	94
Bereavement Counseling.....	95
Mental Health Associations.....	95
Community Mental Health Agencies and Outpatient Care.....	96
Inpatient Mental Health Facilities	97
Substance Abuse Services	98

Alcoholism and Substance Abuse Treatment Programs	98
Organizational/Community Services	100
Area Agencies on Aging	101
Long-Term Care Options Counseling	103
Cell Phone Donations	103
Community Centers	103
Connect2Help 2-1-1	106
Donated Specialty Items	106
Durable Medical/Specialized Medical Equipment Donations	106
Library Services	107
Boone County Public Libraries.....	107
Hamilton County Public Libraries.....	107
Hancock County Public Libraries	108
Hendricks County Public Libraries	108
Johnson County Public Libraries	109
Marion County Public Libraries	110
Morgan County Public Libraries.....	112
Shelby County Public Libraries	113
Senior Advocacy Groups	113
County Councils on Aging.....	114
Senior Centers	114
State Offices	118
Target Populations/ Other Resources	119
Alzheimer’s Disease/Dementia	120
Dementia Friends Indiana.....	120
Developmental Disabilities.....	120
Parks Pass for Seniors	121
Publications for Seniors	121
Senior Discount Programs	122
Traumatic Brain Injury Resources.....	122

County Senior Corps	123
Boone County	124
Hamilton County.....	125
Hancock County.....	126
Hendricks County.....	127
Johnson County	129
Marion County.....	130
Morgan County.....	131
Shelby County.....	132
Caregiver Services.....	134
CareAware Service Overview	135
CareAware Workshops	135
Caregiver Support and Education Services	135
Kinship Care Resources	137
Index.....	138

Basic Needs

In This Section:

Programs that furnish survival-level resources including food, housing, material goods, transportation and utilities for individuals with low or fixed incomes, people who are homeless, older adults and/or people with disabilities who are otherwise unable to adequately provide for themselves and their families. Also included are related services that are available to the community at large.

CICOA Neighborhood Meals

CICOA's Meals & More program provides appetizing, nutritionally balanced meals to older adults and those with disabilities either in their homes or at one of CICOA's neighborhood meal sites. The program is designed to relieve hunger and food insecurity, promote socialization and address proper nutrition education.

Hot meals are served Monday through Friday at various neighborhood meal sites. Times vary for each site. The suggested donation per meal is \$3.00 for seniors. Persons under the age of 60 are welcome to accompany a senior to the lunch program; however the cost of the meal for a person under age 60 is \$6.00. The monthly menu and list of neighborhood meal sites is posted online at cicoa.org/services/meals-more. **Reservations are required. Please call 317-803-6042.**

Boone County

Crawford Manor

9940 Hoosier Village Dr., Indianapolis, IN 46268

Lunch served: 11:15 a.m.

Thorntown Public Library

124 N Market St., Thorntown, IN 46071

Lunch served: 11:30 a.m.

Hamilton County

PrimeLife Enrichment Inc.

1078 3rd Ave. SW, Carmel, IN 46032

Lunch served: 11:30 a.m. Mon, Tues, Thurs & Fri

Hendricks County

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

Lunch served: 12:00 p.m.

Johnson County

Social of Greenwood

550 Polk St., Greenwood, IN 46143

Lunch served: 11:30 a.m.

Marion County (ordered by zip code)

Cambridge Square of Beech Grove

331 E. Churchman Pl., Beech Grove, IN 46107

Lunch served: 11:00 a.m.

John H. Boner Neighborhood Centers

2236 E. 10th St., Indianapolis, IN 46201

Lunch served: 11:00 a.m.

Indiana Avenue Apartments

825 Indiana Ave., Indianapolis, IN 46202

Lunch served: 11:00 a.m.

Lugar Towers

901 Fort Wayne Ave., Indianapolis, IN 46202

Lunch served: 10:00 a.m.

Barton Annex

501 N. East St., Indianapolis, IN 46204

Lunch served: 10:00 a.m.

Stetson Senior Apartments

703 E. 30th St., Indianapolis, IN 46205

Lunch served: 11:00 a.m.

Carriage House of Glendale

2520 Tacoma Cir., Bldg. 3, Indianapolis, IN 46220

Lunch served: 12:00 p.m.

Community Alliance of the Far Eastside (CAFE)

8902 E. 38th St., Indianapolis, IN 46226

Lunch served: 11:00 a.m. Tues, Wed, & Thurs

Bethany Village

3554 S. Shelby St., Indianapolis, IN 46227

Lunch served: 11:00 a.m.

Green Park Terrace

110 E. Meridian School Rd., Indianapolis, IN 46227

Lunch served: 11:30 a.m.

Perry Senior Services

6900 Derbyshire Rd., Indianapolis, IN 46227

Lunch served: 11:30 a.m. Mon, Tues, Wed, & Thurs

Mt. Zion Suburban Apartments

5260 N. Michigan Rd., Indianapolis, IN 46228

Lunch served: 11:00 a.m.

Nora Commons on the Monon

8905 Evergreen Ave., Indianapolis, IN 46240

Lunch served: 11:00 a.m.

AHEPA

7355 Shadeland Station Way, Indianapolis, IN 46256

Lunch served: 11:00 a.m.

Elder Source of Greater Indianapolis, Jewish Family Services

6701 Hoover Rd., Indianapolis, IN 46260

Lunch served: 12:00 p.m. Tues & Thurs

The Towers of Crooked Creek

7988 N. Michigan Rd., Indianapolis, IN 46268

Lunch served: 11:00 a.m.

Morgan County**Ken-Mar Apartments**

210 W. Pike St., Martinsville, IN 46151

Lunch served: 11:30 a.m.

Shelby County

Shelbyville Senior Center

1504 S. Harrison St., Shelbyville, IN 46176

Lunch served: 11:00 a.m.

CICOA Meal Vouchers

CICOA offers a voucher program that enables individuals age 60 and over to have more options and increased flexibility in their dining choices. For a suggested contribution of \$3.00 per meal, seniors can receive a re-usable meal card that may be redeemed at any participating cafeterias and restaurants for breakfast, lunch or dinner. Participating locations have varying hours. Call 317-803-6042 or visit www.cicoa.org/meals-more/meal-vouchers for additional details on participating locations and voucher distribution.

Participating Locations:

Community Hospital East

1500 E. Ritter Ave., Indianapolis, IN 46219

Community Hospital North

7150 Clearvista Pkwy., Indianapolis, IN 46256

Crestwood Village South Restaurant

8809 Madison Ave., Indianapolis, IN 46227

Grandma's Pancake House & Restaurant

632 S. Harrison St., Shelbyville, IN 46176

Hancock Regional Hospital

801 N. State St., Greenfield, IN 46140

Hendricks Regional Health

1000 E. Main St., Danville, IN 46122

Major Hospital

2451 Intelliplex Dr., Shelbyville, IN 46176

Riverview Health

395 Westfield Rd., Noblesville, IN 46060

St. Vincent Health

2001 W. 86th St., Indianapolis, IN 46260

Witham Hospital

2605 N. Lebanon St., Lebanon, IN 46052

CICOA Nutrition Education

CICOA provides nutrition education to individuals and their families to promote healthy food choices, improve health behaviors, and manage nutrition-related chronic diseases.

The YMCA Diabetes Prevention Program is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance. Through the YMCA Diabetes Prevention Program and CICOA, individuals work in a small group setting to make practical, lifestyle changes that will improve overall health. Studies show these lifestyle changes can also prevent or delay the onset of type 2 diabetes and its associated dangers of heart attack, stroke, blindness and amputation.

Additional details about this educational opportunity can be found on CICOA's Meals & More web page www.cicoa.org/meals-more/education.html or by calling the YMCA of Greater Indianapolis at 317-269-6004.

Commodity Supplemental Food Program

Commodity Supplemental Food Program (CSFP)

This USDA program provides supplemental food to improve the health of low-income older adults. Each monthly package contains high protein items, grains, vegetables, juices and shelf stable milk. Currently this program is available to Marion County Residents age 60 or older who meet income guidelines. Call CICOA at 317-803-6042 for more information.

Home-Delivered Meals

CICOA Meals & More

CICOA delivers frozen, wholesome meals bi-weekly to residents of Marion and the surrounding counties Monday-Friday. Daily hot meal deliveries are available in Hamilton, Hancock and Hendricks counties. There is no fee for meals, but donations are welcome. No individual is turned away because of an inability to pay, and contributions are confidential. The suggested donation per meal is \$3.00.

CICOA provides nutritional analysis of all menus to empower health-conscious consumers watching calories, fat, carbohydrates, sodium, fiber or calcium. CICOA now also offers specialized diets for individuals who are diabetic or need low sodium or heart healthy meals.

To receive home-delivered meals, individuals should be primarily confined to their homes due to physical or mental health reasons, unable to prepare their own meals, and meet one of the following eligibility criteria:

- At least 60 years of age
- The spouse of someone at least 60 years of age or
- Under the age of 60 with a disability and receiving services through CHOICE, SSBG, or Medicaid Waiver funding.

Private pay meals are available for individuals who do not meet funding eligibility criteria. For more information, call CICOA's Aging and Disability Resource Center at 317-803-6131.

Meals on Wheels

Eligibility for Meals on Wheels may vary by location, and the program may be able to provide meals to individuals of any age with a disability for a minimal fee. Financial assistance for part or all of the cost may be available. There is often an option for two daily meals through this service, and special diet meals may be offered.

Central Indiana, 317-252-5558, www.mealsonwheelsindy.org

Greenwood, 317-882-2424

Hamilton County, 317-776-7159, www.mealsonwheelshc.org

Hancock County, 317-477-4345, www.mealsonwheelsonline.org

Hendricks County, 317-745-3469, www.hendricks.org/mealsonwheels

Shelby County, 317-398-447

Zionsville, 317-258-9853, www.zionsvillemealsonwheels.org

Food Pantries

Food Pantries provide a limited amount of food to individuals and families in short-term situations. Provisions and supplies fluctuate since pantries often rely on donated items. Requests for assistance may require a referral from a social service agency. For additional information and a location near you, contact Connect2Help 2-1-1 by dialing 2-1-1 from any residential phone or by calling 317-926-4357.

Grocery Delivery

A few grocery stores will deliver. Orders may be subject to boundaries, minimum order requirements and/or include a small delivery fee. For additional information call or click on one of the services listed below.

Amazon

www.amazon.com/grocery

Green Bean Delivery

317-377-0470, www.greenbeandelivery.com

IGA Lebanon

765-482-3298

Instacart: Kroger or Walmart

www.instacart.com

Peapod

800-573-2763, www.peapod.com

Schwan's Home Service

888-724-9267, www.schwans.com

Shipt: Meijer or Target

www.shipt.com

Home Accessibility Evaluation

Easter Seals Crossroads—Home Modification Evaluation

4740 Kingsway Dr., Indianapolis, IN 46205
317-466-1000

Marion County Public Health Department

Healthy Homes Assessment
3901 Meadows Dr., Indianapolis, IN 46205
317-221-2155

Homeless Shelters

Several facilities offer short-term shelter to homeless men and women. Most shelters cannot accept frail seniors who are unable to care for themselves. A referral from a social service agency is recommended and sometimes required. For more information concerning a referral contact Connect2Help 2-1-1 by dialing 2-1-1 from any residential phone or by calling 317-926-4357.

Low-Income/Subsidized Rental Housing

Numerous apartment complexes are open to low-income persons seniors and to adults with disabilities. The rent is usually based on the resident's gross income with adjustments made for medical expenses, health insurance premiums, and prescription costs. Utilities may be included in rent. Some communities have hot lunch programs, social activities and vans for transportation.

Indiana Housing Now

877-428-8844, www.indianahousingnow.org

Indianapolis Housing Agency (IHA)

Section 8/Housing Choice Voucher Program

1935 N. Meridian St., Indianapolis, IN 46202

317-261-7201, www.indyhousing.org

U.S. Department of Housing and Urban Development (HUD)

Housing and Urban Development Locator

575 N Pennsylvania St., Rm. 655, Indianapolis, IN 46204

317-226-6303, hud.gov

Supportive Housing

In addition to independent living settings, supportive housing options exist for individuals living in the community who are seeking assistance to age in place.

Continuing Care Retirement Communities

Retirement communities may combine independent living, assisted living and nursing home care in a single setting and offer older adults a place to live and access to specified personal and health care services, allowing residents to move from one level to another as their needs change. Residences may be apartments, townhouses, duplexes, clusters or single family homes. Some retirement communities have rental agreements similar to apartment complexes, while others require a substantial up-front fee for a “continuing care” lifetime contract.

Assisted Living

Assisted living facilities combine housing and supportive services in a “homelike” environment with the goal of maximizing the individual functioning and autonomy of residents. Assisted living facilities generally have private apartment-style accommodations with walk in showers, wide doors for wheelchair access, emergency pull cord systems and other special amenities; and offer the individualized array of personal care services which will allow each resident to function as

independently as possible. Services are either included in the rent or provided at an extra charge and vary from facility to facility.

Assisted living facilities do not accept Medicare or Medicaid, but if an individual meets nursing facility level of care and is eligible for Medicaid, some facilities may accept funding through the Medicaid Aged & Disabled Waiver to cover service costs.

The Indiana State Department of Health regulates and licenses assisted living facilities as Residential Care providers. For a list of facilities, see ISDH's directory at www.in.gov/isdh/reports/QAMIS/resdir/index.htm. Many assisted living facilities are not licensed. Call CICOA's Aging & Disability Resource Center at 317-803-6131 or 800-432-2422 for additional information.

Adult Family Care

Adult Family Care is a comprehensive, residential service provided through the Medicaid Aged and Disabled Waiver. Individuals who receive this service reside in a home with an unrelated primary caregiver and up to two other consumers of this service. Adult Family Care services may include, but are not limited to: personal care, homemaker, attendant care, companionship, medication oversight and transportation. The services are provided in a home-like environment. For locations call CICOA Aging & In-Home Solutions at 317-803-6131 or 800-432-2422.

Structured Family Caregiving

Structured Family Caregiving is a model of caregiving that provides financial and supportive services for family caregivers. It empowers caregivers to care for seniors and those with disabilities who wish to remain in a community setting. The caregiver and care recipient live together and the care provider receives financial compensation for providing care to the elderly individual who would otherwise require nursing home level care. This is a service available through the Medicaid Aged & Disabled Waiver. Contact CICOA Aging & In-Home Solutions at 317-803-6131 or 800-432-2422 for eligibility assessment.

Thrift Stores & Donations

Thrift Stores offer donated clothing and household items at low prices to the general public. Proceeds from sales often support other services to the community. Home pickup for donations is available in some service areas. Community organizations and faith-based programs may also accept donations to provide resources for local persons in need. For additional resources, contact Connect2Help 2-1-1 by dialing 2-1-1 from any residential phone or by calling 317-926-4357 or contact CICOA's Aging & Disability Resource Center at 317-803-6131.

AMVETS Household Discard Program

www.donationtown.org/charity/amvets-of-indianapolis.html

Goodwill Industries of Central and Southern Indiana

General Inquiries, 317-524-4313

Donation Pickup, 317-524-4353

Goodwill Store locations and Donation Center locations can be found online at www.goodwillindy.org/mod/shop/locations.

ReStore by Habitat for Humanity

Avon Office, 317-707-7529

Boone County, 317-344-3033

Greater Indianapolis, 317-777-6140

Greenfield Office, 317-318-9380

Morgan County, 765-349-9003

Hamilton County, 317-896-9423

Johnson County, 317-535-6720

ReStore information and Donation Center Locations can be found online at www.habitat.org/restores

Salvation Army

800-728-7825, www.satruck.org/search

Additional information on thrift stores and donation sites can be obtained by calling Connect2Help 2-1-1 by dialing 2-1-1 from any residential phone or by calling 317-926-4357.

Transportation

There are several options for transportation in Central Indiana. Some programs have boundary restrictions or income and age requirements, while others provide transportation to individuals in wheelchairs and with special funding sources only. CICOA's Way2Go department also maintains an alternate transportation resource list:

www.cicoa.org/services/way2go/alternate-transportation

CICOA Way2Go—My Freedom

Individuals of any age with disabilities in Boone, Hamilton, Hancock, Hendricks, Johnson, Madison, Marion, Morgan, and Shelby counties can utilize My Freedom vouchers for medical or nonmedical transportation. Consumers can travel across county lines. Vouchers are first come-first served, and a limited number of fares will be available for purchase by consumers per month. Call or go online to complete an application.

317-803-6153, www.cicoa.org/services/way2go/my-freedom

CICOA Way2Go—Senior Transportation

Individuals 60 and older who live and travel within Marion County can utilize CICOA's senior transportation services to help meet essential needs. Services include Door2Door, Shuttle Service, Discount Taxi Fare, and Wheelchair Transportation. Call or go online to complete an application.

317-803-6153, www.cicoa.org/services/way2go/senior-transportation

Additional resources to assist in cross-county travel can be explored through the Central Indiana Regional Transportation Authority (CIRTA)

317-327-7433, www.cirta.us

IndyGo Open Door Paratransit Service

Curb-to-curb, reservation-based, shared ride service. Call or go online to complete an application.

317-635-3344, www.indygo.net/open-door

Medicaid Transportation

Medicaid members who need a ride to a doctor's appointment, pharmacy, or other medical office can request transportation through Southeastrans. Southeastrans will check availability with transportation providers in your area.

855-325-7586

County Senior Service Transportation

The following County Senior Service Organizations provide transportation services within their respective counties. For more information, contact the provider directly.

Boone County—Boone County Senior Services

765-482-5220, 317-873-8939

Hamilton County—PrimeLife Enrichment Inc.

317-815-7000

Hancock County—Hancock County Senior Services.

317-462-1103

Hendricks County—Hendricks County Senior Services

317-745-4303

Johnson County—Johnson County Senior Services

317-738-4544

Morgan County—Coordinated Aging Services for Morgan County

765-342-3007

Shelby County—Shelby Senior Services, Inc.

317-398-0127

Utility Assistance and Weatherization

Local utility companies offer a variety of budget and payment plans for customers to maintain service. If you are having difficulty paying, contact your utility company to negotiate a workable payment plan. Faith communities or community centers may be able to assist with utility payments on a limited basis. Township trustees may also help with shelter, fuel, or water expenses. Additional funds may be available through energy assistance and weatherization programs.

Energy assistance programs are available as one-time payments to the utility accounts of those who qualify and may pay all or a portion of a utility bill. Programs are seasonal and funding is limited. Recipients are responsible for the remaining balance. Weatherization programs may provide free weatherization of owner-occupied and rental residences. Services may include attic insulation, caulking, weather-stripping, furnace repair or replacement, and heat duct and water pipe insulation.

Citizens Energy Group Citizens Assistance
317-924-3311

Community Action of Greater Indianapolis (CAGI), Boone, Hamilton, Hendricks, and Marion Counties
317-396-1800, www.cagi-in.org

Human Service, Inc. (HSI), Johnson County
600 Ironwood Dr., Ste. N, Franklin, IN 46131
317-736-0755, www.hsi-indiana.com

Human Service, Inc. (HSI), Shelby County
825 S. Elm St., Shelbyville, IN 46176
317-398-3153, www.hsi-indiana.com

Interlocal Community Action Program, Inc. (ICAP)
141 Green Meadows Dr. Ste. 4, Greenfield, IN 46140
317-462-2557, www.icapcaa.org

Marion County Seasonal Energy Assistance Program
www.indyeap.org

Morgan County—South Central Community Action Program

159 W. Morgan, Martinsville, IN 46151

765-342-1518, www.insccap.org

Township Trustees

Contact the Indiana Department of Local Government Finance at 888-739-9826 if other information on Trustees is needed.

Boone County

Center Township, 765-482-1550
Clinton Township, 765-577-0146
Harrison Township, 317-440-5947
Jackson Township, 765-676-5793
Jefferson Township, 765-894-1670
Marion Township, 317-869-5526
Sugar Creek Township, 765-436-7988
Washington Township, 765-978-8815
Worth Township, 317-769-3560
Zionsville, 317-769-3560

Hamilton County

Adams Township, 317-758-1029
Clay Township, 317-846-2773
Delaware Township, 317-842-8595
Fall Creek Township, 317-841-3180
Jackson Township, 317-984-3826
Noblesville Township, 317-773-0249
Washington Township, 317-574-9490
Wayne Township, 317-773-3179
White River Township, 317-385-6833

Hancock County

Blue River Township, 317-467-4366
Brandywine Township, 888-739-9826
Brown Township, 765-738-0067
Buck Creek Township, 317-335-1401
Center Township, 317-477-1176
Green Township, 317-326-4182
Jackson Township, 317-625-5401
Sugar Creek Township, 317-861-6148
Vernon Township, 317-485-7327

Hendricks County

Brown Township, 317-852-0899
Center Township, 317-745-2813
Clay Township, 765-386-2049
Eel River Township, 765-676-6333
Franklin Township, 317-539-2667
Guilford Township, 317-838-0564
Liberty Township, 317-539-7944
Lincoln Township, 317-852-8745
Marion Township, 317-539-4350
Middle Township, 317-892-5000
Union Township, 317-489-8990
Washington Township, 317-272-1835

Johnson County

Blue River Township, 812-371-6981
Clark Township, 317-862-2550
Franklin Township, 317-736-7511
Hendricks Township, 317-729-5518
Hensley Township, 317-710-5880
Needham Township, 317-738-3778
Nineveh Township, 317-933-2097
Pleasant Township, 317-535-7571
Union Township, 317-422-5773
White River Township, 317-422-1143

Marion County

Center Township, 317-633-3610
Decatur Township, 317-856-6600
Franklin Township, 317-780-1700
Lawrence Township, 317-890-0011
Perry Township, 317-788-4810
Pike Township, 317-291-5801
Warren Township, 317-327-8947
Washington Township, 317-327-8800
Wayne Township, 317-241-4191

Morgan County

Adams Township, 765-528-2651
Ashland Township, 765-346-9791
Baker Township, 765-341-0404
Brown Township, 317-831-1734

Clay Township, 317-831-7313
Green Township, 765-792-0544
Gregg Township, 317-996-6090
Harrison Township, 317-766-0746
Jackson Township, 812-597-0150
Jefferson Township, 765-342-8097
Madison Township, 317-834-6027 ext. 306
Monroe Township, 317-996-2920
Ray Township, 765-318-7018
Washington Township, 765-342-6368

Shelby County

Addison Township, 317-398-6896
Brandywine Township, 317-835-8304
Hanover Township, 765-763-6415
Hendricks Township, 317-729-5518
Jackson Township, 317-729-5135
Liberty Township, 765-525-6771
Marion Township, 317-398-2025
Moral Township, 317-835-7572
Noble Township, 765-525-7160
Shelby Township, 317-392-8968
Sugar Creek Township, 317-835-2389
Union Township, 765-544-2540
Van Buren Township, 765-763-6015
Washington Township, 812-587-5607

Consumer Services

In This Section:

Programs that provide for the education and protection of individuals who buy products and services for personal use. Included are programs that establish and enforce consumer protection, fair trade and other regulatory legislation; provide information and/or counseling to help consumers manage their finances, make informed credit and purchasing decisions, and understand their tax obligations and pay their taxes; and/or ensure that consumers have access to fair hearings, mediation or binding arbitration and appropriate remedies when they have complaints.

Consumer Assistance and Protection

Better Business Bureau (BBB)

The Better Business Bureau of Central Indiana is a non-governmental, non-profit corporation established to help maintain better business and consumer relations.

Central Indiana Better Business Bureau

151 N. Delaware St., Ste. 2020, Indianapolis, IN 46204
317-488-2222, 855-1173, www.bbb.org/en/us

Office of Indiana Attorney General

Older adults are often the targets of consumer fraud and scams. The following agency investigates consumer complaints and regulates licensed occupations.

Consumer Protection Division

Indiana Attorney General
302 W. Washington St., 5th Floor, Indianapolis, IN 46204
317-232-6330, 800-382-5516, www.state.in.us/attorneygeneral

Disability Parking Permits

Handicapped license plates and permits or placards are available with a physician's certification at any license branch. For pricing and more information on the application process, contact the Indiana Bureau of Motor Vehicles (BMV) Contact Center at 1-888-692-6841 or visit www.in.gov/bmv.

The process to obtain a reserved curbside parking sign outside individual homes varies by area. Contact the BMV or the city council person in your area for general questions and information or contact one of the following offices:

Department of Public Works

City of Indianapolis
200 E. Washington St., Indianapolis, IN 46204
317-327-4000

Engineering Department- City of Lebanon

401 S. Meridian St., Lebanon, IN 46052
765-482-8845

Engineering Department- City of Noblesville

16 S. 10th St., Ste. 155, Noblesville, IN 46060
317-776-6330

Mayor's Office- Martinsville

59 S. Jefferson St., Martinsville, IN 46151
765-342-2861

Shelbyville Police Department

105 W. Taylor St., Shelbyville, IN 46176
317-392-5108

Town of Plainfield Municipal Building

206 W. Main St., Plainfield, IN 46168
317-839-2561 ext. 252

Money Management

Representative Payee Services

Upon request, utilities and creditors may be willing to contact family members if an elderly person fails to pay bills. Many banks offer automatic account deductions for regular monthly payments. Most trustee departments at financial institutions offer bill paying services and money management for a fee. Call individual utilities, creditors or banks for details on special services to assist elderly customers.

The following agencies will help individuals consolidate bills:

Apprisen

3725 E. Southport Rd., Ste. E, Indianapolis, IN 46227
317-266-1300, 800-355-2227, www.apprisen.com

Crisscross

866-380-9708, www.crisscross.org

Families First

2240 N. Meridian St., Indianapolis, IN 46208
317-634-6341, www.familiesfirstindiana.org

Reverse Mortgage Programs

Some older adults have small incomes but may have significant equity invested in their homes. Adults 62 or older may be able to obtain a home equity conversion or “reverse mortgage.” Age, current interest rate and the appraised value of the home are all factors. Applicants should consult with a reverse mortgage counselor to assist in determining what is best for the individual’s situation. The following agency provides reverse mortgage counseling.

Apprisen

3725 E. Southport Rd., Ste. E, Indianapolis, IN 46227
317-266-1300, 800-355-2227, www.apprisen.com

Tax Services

Unified Tax Credit

Persons 65 and older who meet income guidelines may qualify for the Unified Tax Credit. Applications must be made by December 31.

Indiana Department of Revenue

100 N. Senate Ave., Rm. N105, Indianapolis, IN 46204
Refund status and tax information line: 317-233-4018, www.in.gov/dor

For the surviving spouse deduction you must be over the age of 60, and the deceased spouse must have been at least age 65 at time of death. Apply at your county auditor’s office:

Boone County Auditor, 765-482-2940, www.boonecounty.in.gov

Hamilton County Auditor, 317-776-8400, www.hamiltoncounty.in.gov

Hancock County Auditor, 317-477-1105, www.hancockcoingov.org

Hendricks County Auditor, 317-745-9300, www.co.hendricks.in.us

Johnson County Auditor, 317-346-4310, www.co.johnson.in.us

Marion County Auditor, 317-327-4646, www.indy.gov

Morgan County Auditor, 765-342-1001, www.morgancounty.in.gov

Shelby County Auditor, 317-392-6310, www.shelbycounty73.us

Education & Enrichment

In This Section:

Programs that provide opportunities for people to acquire the knowledge, skills, desirable qualities of behavior and character, wisdom and general competence that will enable them to fully participate in and enjoy the social, political, economic and intellectual life of the community.

The following organizations offer a wide range of social, leisure, educational and enrichment programs.

accessABILITY Center for Independent Living, Inc.

9105 E. 56th St., Indianapolis, IN 46216
317-926-1660, 866-794-7245, www.abilityindiana.org

Bosma Enterprises

6270 Corporate Drive., Indianapolis, IN 46278
317-684-0600, 866-602-6762, www.bosma.org

CICOA Aging & In-Home Solutions—Meals & More Service

8440 Woodfield Crossing Blvd, Ste. 175, Indianapolis, IN 46240
317-803-6042, cicoa.org/services/meals-more/nutrition-education

IUPUI Office of Community Engagement

301 University Blvd., Indianapolis, IN 46202
317-274-7400, www.engage.iupui.edu

Ivy Tech Community College—Central Indiana

50 W. Fall Creek Pkwy N. Dr., Indianapolis, IN 46208
888-489-5463, www.ivytech.edu

J. Everett Light Career Center

1901 E. 86th St., Indianapolis, IN 46240
317-259-5265, jelcc.com

Jewish Family Services at the Albert & Sara Reuben Senior and Community Resource Center

6705 Hoover Rd., Indianapolis, IN 46260
317-726-5450, www.jewishindianapolis.org

Oasis

10800 E. Washington St., Indianapolis, IN 46229
317-396-3751, www.oasisnet.org/Indianapolis-IN

Purdue Extension—Boone County

1300 E. 100 S., Lebanon, IN 46052
765-482-0750, www.extension.purdue.edu/boone

Purdue Extension—Hamilton County
2003 Pleasant St., Noblesville, IN 46060
317-776-0854, www.extension.purdue.edu/Hamilton

Purdue Extension—Hancock County
802 N. Apple St., Greenfield, IN 46140
317-462-1113, www.extension.purdue.edu/Hancock

Purdue Extension—Hendricks County
1900 E. Main St., Danville, IN 46122
317-745-9260, www.extension.purdue.edu/Hendricks

Purdue Extension—Johnson County
484 N. Morton St., Franklin, IN 46131
317-736-3724, www.extension.purdue.edu/johnson

Purdue Extension—Marion County
Indiana State Fairgrounds, Discovery Hall
1202 E. 38th St., Ste. 201, Indianapolis, IN 46205
317-275-9305, www.extension.purdue.edu/marion

Purdue Extension—Morgan County
180 S. Main S., Ste. 229, Martinsville, IN 46151
765-342-1010, www.extension.purdue.edu/Morgan

Purdue Extension—Shelby County
1600 E. State Rd. 44, Ste. C, Shelbyville, IN 46176
317-392-6460, www.extension.purdue.edu/shelby

University of Indianapolis
School for Adult Learning
1400 E. Hanna Ave., Indianapolis, IN 46227
317-788-3368, www.uindy.edu/alp

Vincennes University
Veterans Upward Bound
1002 N. 1st St., Vincennes, IN 47591
812-888-5373

Walker Career Center
Adult Education Classes
9651 E. 21st St., Indianapolis, IN 46229
317-532-6150

Elderhostel Programs

Elderhostels are educational programs for those age 60 and older. Participants enroll in courses taught by college faculty and stay in dormitories for the duration of the program, typically one or two weeks. Minimal fees are charged. For information about Indiana or international programs, contact:

Road Scholar Incorporated

800-454-5768, www.roadscholar.org

Environment & Public Health/Safety

In This Section:

Programs that protect and conserve natural resources, prevent or reduce environmental pollution, promote environmental and public health, develop and implement measures for safety education and accident prevention, provide emergency rescue services for people in trouble and/or take other steps to enhance public health and safety and enable people to live in ecological balance and harmony with their surroundings.

Fire Prevention Information

Firefighters Survive Alive! Inc.

748 Massachusetts Ave., Indianapolis, IN 46204
317-327-6707, survivealive.org

Indianapolis Fire Department Fire and Life Safety Division

955 Ft. Wayne Ave., Indianapolis, IN 46204
317-327-6006

Poison Safety Education

Indiana Poison Center

IU Health Hospital
1701 N. Senate Blvd., Indianapolis, IN 46202
800-222-1222, Poison Control Hotline, www.indianapoison.org

Public Health

Find a local health department at www.in.gov/isdh/24822.htm

Boone County Health Department

116 W. Washington St., B202, Lebanon, IN 46052
765-482-3942

Hamilton County Health Department

18030 Foundation Dr., Ste. A, Noblesville, IN 46060
317-776-8500

Hancock County Health Department

111 American Legion Pl., Rm. 150, Greenfield, IN 46140
317-477-1125

Hendricks County Health Department

355 S. Washington St., Danville, IN 46122
317-745-9217

Johnson County Health Department

460 N. Morton St., Ste. A, Franklin, IN 46131
317-346-4365

Marion County Public Health Department

3838 N. Rural St., Indianapolis, IN 46205
317-221-2000

Morgan County Health Department

180 S. Main St., Ste. 252, Martinsville, IN 46151
765-342-6621

Shelby County Health Department

1600 E. S.R. 44, Ste. B., Shelbyville, IN 46176
317-392-6470

Public Safety

Boone County Emergency Management

1905 Indianapolis Ave., Lebanon, IN 46052
765-482-1412, www.bccn.boone.in.us/ema/222.htm

Hamilton County Emergency Management

1 Hamilton County Sq., Ste. 157, Noblesville, IN 46060
317-770-3381, www.hamiltoncounty.in.gov/397/Public-Safety

Hancock County Emergency Management

640 S. Franklin Rd., Greenfield, IN 46140
317-477-1188
hancockcoingov.org/hancock-county-government-departments

Hendricks County Emergency Management

355 S. Washington St., Ste. G60, Danville, IN 46122
317-745-9229, www.co.hendricks.in.us

Indianapolis Department of Public Safety

3838 N. Rural St., Indianapolis, IN 46205
317-221-2000

Indianapolis Division of Homeland Security

201 N. Shadeland Ave., Indianapolis, IN 46219
317-327-3900, www.in.gov/dhs

Indianapolis Metropolitan Police Department

50 N. Alabama St., Indianapolis, IN 46204
Non-Emergency Dispatch Line: 317-327-3811
Emergency: 911

Johnson County Emergency Management

1081 Hospital Rd., Franklin, IN 46131
317-346-4655, www.johnsoncountyema.org/ema

Morgan County Emergency Management

1050 N. Lincoln Hill Rd., Martinsville, IN 46151
765-342-8467, www.morgancountyinema.org

Shelby County Emergency Management

715 E. S.R. 44, Shelbyville, IN 46176
317-392-6308, www.co.shelby.in.us

Health Care

In This Section:

Programs whose primary purpose is to help individuals and families achieve and maintain physical well-being through the study, prevention, screening, evaluation and treatment of people who have illnesses, injuries or disabilities.

Assistive Technology Equipment & Services

Medicare, Medicaid and private health insurance may help with obtaining equipment and supplies that are medically necessary. A physician's statement is required. Suppliers of hospital equipment, supplies and other durable equipment (wheelchairs, walkers, bath aids, etc.) are frequently listed in phone directories under "Hospital Equipment and Supplies." Hospital networks and disease-specific organizations may be able to connect consumers with equipment or assist in paying for equipment on a limited basis.

The Alzheimer's Store

800-752-3238, www.alzstore.com

Easter Seals Crossroads

4740 Kingsway Dr., Indianapolis, IN 46205

317-466-2013, 888-466-1314, www.eastersealstech.com

Dental Care

Currently, Medicare may pay for dental services that are an integral part either of a covered procedure (e.g., reconstruction of the jaw following accidental injury) or for extractions done in preparation for radiation treatment for neoplastic diseases involving the jaw. Medicare also will make payment for oral examinations (but not treatment) preceding kidney transplantation or heart valve replacement under certain circumstances. Such examination would be covered under Part A if performed by a dentist on the hospital's staff or under Part B if performed by a physician.

Medicaid-covered services may include annual exams and preventive care.

Dental Services and Medicaid

Individuals on Indiana Medicaid in need of dental services can search for a provider at:

www.indianamedicaid.com/ihcp/ProviderServices/ProviderSearch.aspx

Low-income persons may obtain dental services at low cost or sliding scale fees at the following clinics:

Alivio Medical Centers

2060 N. Shadeland Ave., Indianapolis, IN 46219
317-635-3499

Eskenazi College Avenue

1650 N. College Ave., Indianapolis, IN 46202
317-880-0888

Eskenazi Cottage Corner Community Health Clinic

1434 Shelby St., Indianapolis, IN 46203
317-880-1206

Eskenazi Health Center Grassy Creek

9443 E. 38th St., Indianapolis, IN 46235
317-880-2288

Eskenazi West 38th Dental Clinic

5515 W. 38th St., Indianapolis, IN 46254
317-880-0080

Gennesaret Free Clinic

Dental and Wellness Center, Blue Triangle Residence Hall
725 N. Pennsylvania St., Indianapolis, IN 46202
317-955-0217

HealthNet—Barrington Health & Dental Center

3401 E. Raymond St., Indianapolis, IN 46203
317-957-2100, www.indyhealthnet.org

HealthNet—People’s Health & Dental Center

2340 E. 10th St., Indianapolis, IN 46201
317-957-2200, www.indyhealthnet.org

HealthNet—Southeast Health & Dental Center

901 Shelby St., Indianapolis, IN 46203
317-957-2400, www.indyhealthnet.org

HealthNet—Southwest Health & Dental Center

1522 W. Morris St., Indianapolis, IN 46221
317-957-2500, www.indyhealthnet.org

Heart and Soul Clinic

17338 Westfield Park Rd., Ste. 1, Westfield, IN 46074
317-804-5782

Hope Family Care Center

270 W. Jackson St., Cicero, IN 46034
317-984-3444

Indiana University School of Dentistry

1121 W. Michigan St., Indianapolis, IN 46202
317-274-7433

Jane Pauley Community Health Center Dental Clinic

5317 E. 16th St., Indianapolis, IN 46218
317-552-0699, 844-695-7242

St. Thomas Medical Clinic

600 Paul Hand Blvd., Franklin, IN 46131
317-656-7911

Marion County Public Health Department

3838 N. Rural St., Indianapolis, IN 46205
317-221-2329

Marion County Public Health Department

Blackburn Health Center
2700 Dr. Martin Luther King Jr. St., Indianapolis, IN 46208
317-931-4301

Marion County Public Health Department

Forest Manor Health Clinic
3840 Sherman Dr., Indianapolis, IN 46226
317-221-3013

Marion County Public Health Department

Northeast District
6042 E. 21st St., Indianapolis, IN 46219
317-221-7397

Marion County Public Health Department

Pecar Dental

6940 N. Michigan Rd., Indianapolis, IN 46228

317-221-3417

Raphael Health Center

401 E. 34th St., Indianapolis, IN 46205

317-926-1507

Riggs Health Boone County

416 W. Camp St., Lebanon, IN 46052

765-483-4469

Trinity Free Clinic

1045 W. 146th Ste. B, Carmel, IN 46032

317-819-0772

Indiana Donated Dental Services

Individuals age 65 and older or clients of any age with a mental or physical disability may receive dental care at no charge. There is usually a waiting list.

More information on program eligibility and applications can be found online at dentallifeline.org/indiana.

Driver Assessments

Several organizations offer periodic classes at little or no charge to help older drivers improve their skills, assess their functional ability or provide driver rehabilitation. They may also provide valuable information with regard to necessary conversations for keeping aging drivers safe when operating motor vehicles.

AAA Hoosier Motor Club

seniordriving.aaa.com

AARP Driver Safety Course

877-846-3299, www.aarpdriversafety.org

Easter Seals Crossroads Driver Evaluation and Training

4740 Kingsway Dr., Indianapolis, IN 46205

317-466-1000, www.eastersealscrossroads.org

Rehabilitation Hospital of Indiana Driver Rehabilitation Program

317-329-2000, www.rhin.com

Senior Driving & Mobility Services, LLC

317-489-0804, www.seniordrivingandmobility.com

The Hartford

Free guides, including *Family Conversations with Older Drivers*

www.thehartford.com/resources

Flu Vaccines

Flu shots are offered at a variety of locations seasonally. Call your county health department for information about the nearest sites, dates and fees.

Boone County Health Department

765-482-3942, www.boonecounty.in.gov/health

Hamilton County Health Department

317-776-8500, www.hamiltoncounty.in.gov

Hancock County Health Department

317-477-1125, www.hancockcoingov.org

Hendricks County Health Department

317-745-9222, www.co.hendricks.in.us

Johnson County Health Department

317-346-4368, co.johnson.in.us/health

Marion County Public Health Department—Eagledale Plaza

2802 Lafayette Rd., Ste. 13, Indianapolis, IN 46222

317-221-3441, www.mchd.com

Marion County Public Health Department—Meadows Clinic

3901 Meadows Dr., Indianapolis, IN 46205

317-221-2379, www.mchd.com

Marion County Public Health Department—Northeast District

6042 E. 21st St. Indianapolis, IN 46219

317-221-7300, www.mchd.com

Marion County Public Health Department—Northwest District

Philip and Vivian Pecar Health Center

6940 Michigan Rd., Indianapolis, IN 46268

317-221-7500, www.mchd.com

Marion County Public Health Department—South District

7551 Shelby St., Indianapolis, IN 46227

317-221-5700, www.mchd.com

Morgan County Health Department

765-342-6621, www.morgancountyhealth.com

Shelby County Health Department

317-392-6470, www.health.shelbycounty73.us

Geriatric Assessments

Geriatric assessment programs offer comprehensive evaluations to determine the total physical, emotional, social and functional conditions of an aging person. The geriatric assessment staff works with the patient's family and his or her private physician to develop a care plan based upon the evaluation results. While most area hospitals have the capacity to perform geriatric assessments, the facilities listed here have specific departments for this purpose. Primary care physicians also are able to refer individuals to an appropriate resource.

Eskenazi Health Center for Senior Health

720 Eskenazi Ave., Indianapolis, IN 46202

317-880-6570, www.eskenazihealth.edu

IU Health Physicians Geriatrics

1633 N. Capitol Ave., Ste. 680, Indianapolis, IN 46202
317-962-2929, iuhealth.org/geriatrics

Richard L. Roudebush VA Medical Center

Geriatric Resources for Assessment and Care of Elders (GRACE)
1481 W. 10th St., Indianapolis, IN 46202
317-554-0000, www.indianapolis.va.gov

St. Vincent Center for Healthy Aging

8424 Naab Rd., Ste. 1L, Indianapolis, IN 46260
317-338-7780, www.stvincent.org

Touchpoint Healthy Aging Transition Services (HATS)

Community Health Pavilion
9669 E. 146th St. Ste. 250A, Noblesville, IN 46060
317-621-4657, www.eCommunity.com/touchpoint

Touchpoint Healthy Aging Transition Services (HATS)

Community Hospital East Professional Building
1400 N. Ritter. Ave., Ste. 231, Indianapolis, IN
317-355-7744, www.eCommunity.com/touchpoint

Deaf and Hard of Hearing Services

Hearing Aids

Medicare does not cover hearing loss exams or the purchase of hearing aids. Most companies that sell hearing aids offer free hearing tests. No community program that provides free hearing aids, but these agencies may help low-income persons obtain them at a reduced rates or provide additional services to assist individuals with hearing impairments.

Aspire Indianapolis Deaf Services

2506 Willowbrook Pkwy., Ste. 300, Indianapolis, IN 46205
317-493-0422, www.aspireindiana.org/deaf-services

Deaf and Hard of Hearing Services (DHHS)

Bureau of Rehabilitation Services
402 W. Washington St, Indianapolis, IN 46204
317-542-3449 (VP), www.dhhs.in.gov

Indiana Lions Speech and Hearing, Inc.

705 Riley Hospital Dr., Ste. 0860, Indianapolis, IN 46202
indylionsspeechhearing.org/loaner.html

Relay Indiana

317-334-1413 (V/TTY), 800-743-3333, relayindiana.com

HIV Testing (Confidential)

Bell Flower Clinic

640 Eskenazi Ave., Indianapolis, IN 46202
317-221-8300, bellflowerclinic.org

Brothers United

317-931-0292, www.brothersunitedinc.org

Damien Center

317-632-0123 ext. 252, www.damien.org

IU Health

1633 N. Capitol Ave., Indianapolis, IN 46202
317-962-2700

Marion County Public Health Department

2951 E. 38th St., Indianapolis, IN 46218
317-221-3552

Planned Parenthood

800-230-7526, www.plannedparenthood.org

Step Up (Services, Training, Educations, and Prevention)

317-259-7013, www.stepupin.org

Home Care

CHOICE

CHOICE, an acronym for Community and Home Options to Institutional Care for the Elderly and Disabled, is a state-funded program that serves those who are 60 years of age or older or persons with disabilities of all ages who are eligible due to long term or lifelong limitations, helping them live at home or in community-integrated settings. Program eligibility is based on limitations in completing activities of daily living (ability to bathe, dress, feed self, use the toilet, take medications, etc.). Candidates must have deficits in at least two activities of daily living to qualify.

CHOICE services are not restricted by age or income but cost share provisions may be applied based on the services required and household monthly income. Assets may not exceed \$250,000. CHOICE services are limited by the availability of state funds and are considered the funding of last resort.

Medicaid Waiver

This program is designed to provide in-home supportive services for Medicaid recipients who meet eligibility requirements for nursing facility care but want to remain in a community setting with assistance from informal and formal supports. Individuals on the Waiver programs must have Medicaid to receive services.

Indiana has two categories of Medicaid Waivers. Medical Model Waivers are for individuals with deficits that are the result of medical or aging-related issues and include the Aged and Disabled Waiver (A&D) and the Traumatic Brain Injury (TBI) Waiver. Developmental Disabilities Waivers are for children and adults with intellectual or other developmental disabilities and includes the Community Integration and Habilitation Waiver (CIH) and the Family Supports Waiver (FSW).

Services available through the CHOICE and Medicaid Waiver programs may include care management, home-delivered meals, attendant care, home health aide, skilled nursing, therapies, behavior management, homemaker, home modifications, respite care, adult day

services, and adaptive aids and devices (such as personal emergency response systems).

A&D and TBI Waivers are initiated through CICOA Aging & In-Home Solutions. Call 317-803-6131 or 800-432-2422 for options counseling, preliminary eligibility screening, and referrals.

CIH and FSW are initiated through the Bureau of Developmental Disability Services (BDDS). Call 317-205-0101 or visit www.bdds.in.gov for information and/or eligibility assessment.

Program of All-Inclusive Care for the Elderly (PACE®)

The Program of All-Inclusive Care for the Elderly (PACE) model provides all-inclusive services in the community to benefit seniors with chronic care needs and their families. PACE serves individuals who: are ages 55 or older; certified by their state to need nursing home care; able to live safely in the community at the time of enrollment; and live in the service area.

Franciscan Health's Program of All-inclusive Care for the Elderly currently serves older adults living in Johnson County or Marion County in these zip codes: 46107, 46201, 46202, 46203, 46204, 46217, 46218, 46219, 46221, 46222, 46225, 46227, 46229, 46237, 46239, 46241, or 46259.

For information and/or eligibility assessment contact:

Franciscan Senior Health & Wellness
317-528-7223

www.franciscanhealth.org/health-care-services/pace-program-280

Visiting Physician Services

The following organizations provide in-home visits by primary care or internal medicine physicians.

Eskenazi Health- House Calls for Seniors

317-880-6636, www.eskenazihealth.edu/health-services/senior-care

Grace at Home

317-429-0120, www.grace-at-home.com

INhouse Primary Care

317-335-5189, www.inhouseprimarycare.com

Meridian Visiting Physicians

1-844-225-5687, callmvp.com

Visiting Physicians Association

248-824-6000, www.visitingphysicians.com

Hospice Care

Hospice is a service designed to meet the needs of terminally ill patients and their families. Services may be covered by Medicare or Medicaid and include nursing home care, hospital care, pain control, equipment and medical supplies. Hospice programs also provide ongoing grief support and teach families how to care for patients at home. For provider options, call the Indiana Hospice & Palliative Care Organization referral helpline at 866-254-1910. A directory of Hospice Facilities is also maintained by Indiana State Department of Health. Reach them by phone at 317-233-1325 or online at <https://www.in.gov/isdh/reports/QAMIS/hspcsrvdir/index.htm>

Low-Vision Aids

Eye Care

The following agencies may provide low-cost eye care services to persons of any age.

Eskenazi Eye Clinic

720 Eskenazi Ave., Indianapolis, IN 46202
317-880-4138

Indianapolis Eye Care Center Community Outreach

Indiana University School of Optometry
501 Indiana Ave., Ste. 100, Indianapolis, IN 46202
317-321-1470

Trinity Free Clinic

1045 W. 146th St., Carmel, IN 46032
317-819-0772, www.trinityfreeclinic.org

Glasses

There is no community program that provides glasses for seniors at no charge. Medicare does not cover expenses for routine eye exams or glasses; Medicaid may cover some of these costs.

Eye Disease Treatment

The following program refers individuals to local ophthalmologists who provide exams and treatments for eye diseases and conditions. Services are provided at no charge, but glasses, prescriptions and hospital services are not included. Persons must be 65 or older, a U.S. citizen or legal resident, and without access to an ophthalmologist.

Eye Care America

877-887-6327, www.eyecareamerica.org

Low-Vision Rehabilitation

Low-vision occupational therapy programs provide services for adults with low-vision impairments. A physician's referral may be needed to obtain services.

accessABILITY

5302 E. Washington St., Indianapolis, IN 46219
317-926-1660, www.abilityindiana.org

Bosma Enterprises

6270 Corporate Dr., Indianapolis, IN 46278
317-684-0600, 866-602-6762, www.bosma.org

Hadley Institute for the Blind and Visually Impaired

800-323-4238, hadley.edu

Rehabilitation Hospital of Indiana

4141 Shore Dr., Indianapolis, IN 46254
317-329-2000, www.rhin.com

Equipment for the Visually Impaired

Many organizations offer special materials and equipment for the visually impaired, including large print and Braille books/materials/tapes and special audio and visual equipment to people with vision impairments, Parkinson's, stroke, learning disabilities or any other conditions that make reading difficult. Libraries may be able to coordinate delivery of materials to individuals who are homebound.

IRIS is a FREE 24-hour communication link. Persons who cannot read normal print due to blindness, low vision, physical impairments, learning disorders or illiteracy keep in touch with local news and information as presented by IRIS volunteer readers.

Indianapolis Public Library

317-275-4100, www.indypl.org

Indiana Reading and Information Services (IRIS) —WFYI

www.wfyi.org/iris

Indiana State Library

Talking Book and Braille Library; Braille and Audio Reading Download
315 W. Ohio St., Indianapolis, IN 46202
317-232-3684, 800-622-4970, www.in.gov/library

Donating Used Glasses

Most Lions Clubs and some ophthalmologists collect used prescription glasses. Check your local phone directory to find a Lions Club near you or search online at directory.lionsclubs.org.

Medication Management

Poison Control Center

Emergency 24-hour service line where immediate information from highly skilled medical professionals is available.
800-222-1222, indianapoisoncenter.org

Medication Dispensers and Medication Delivery

Several companies make medication dispensers that are designed to aid persons who take medications on a scheduled basis. These dispensers can be filled, locked and timed to dispense the correct dosage at the appropriate time. Some dispensers have an alarm that sounds and will not silence until the door for that dose is opened. Following are sources for medication dispensers; your local medical equipment supply store and pharmacist can recommend additional suppliers. Care recipients who take multiple medications at one time and have difficulty remembering specifically how to do so can benefit from having dosages of multiple medications presorted and packaged together by a pharmacy in advance of delivery.

e-pill Medication Reminders

800-549-0095, www.epill.com

ExactCare Pharmacy

877-355-7225, www.exactcarepharmacy.com

Philips Medication Dispensing Service

855-681-5351, www.lifeline.philips.com

Quick Medical

888-345-4858

Nursing Facilities

Nursing Home Placement

Choosing a nursing home can be difficult. The following organizations can provide lists of licensed nursing homes in Central Indiana. Many also provide information or tips to help decide what facility would be best for your loved one.

The Indiana State Department of Health maintains a Directory of Comprehensive Nursing Facilities: www.in.gov/isdh/20511.htm

Medicare and Medicaid also provide information can be found online: www.medicare.gov/nursinghomecompare/search.html
www.indianamedicaid.com/ihcp/ProviderServices/ProviderSearch.aspx

Indiana Health Care Association

1 N. Capitol Ave., Ste. 100, Indianapolis, IN 46204
317-636-6406, 800-466-4488, www.ihca.org

Indiana State Department of Health

Long-Term Care Division
2 N. Meridian St., Indianapolis, IN 46204
317-233-7442, www.statehealth.in.gov

Pre-Admission Screening Resident Review (PASRR)

Indiana has partnered with Ascend Management Innovations (Ascend) to conduct PASRR screenings. Individuals seeking nursing facility placement from a hospital can be assisted by the discharge planner. Nursing facilities submit the required paperwork for individuals who require emergency admission, out-of-state admissions or short-term/respite admissions.

Individuals seeking nursing facility placement from home, the Area Agency on Aging will conduct a home visit to complete the PASRR Level I, Level of Care assessment, and to provide options counseling

to the client and caregivers to facilitate a person-centered decision-making process. Individuals in need of a home visit due to interest in nursing facility admission should contact CICOA's Aging & Disability Resource Center at 317-803-6131 or 800-432-2422.

Personal Emergency Response Systems

Personal emergency response systems are designed for older persons living alone, especially those who may be subject to falls or seizures. The individual wears a small electronic device which, when activated, notifies an emergency service operator. A monthly fee is charged.

ADT

800-453-4108

Companion Lifeline

260-459-9900

Connect America

800-327-7297

Critical Signal Technologies, Inc.

888-557-4462

Etelcare Home Services Unlimited

317-471-0770

Freedom Senior Services of Indiana, Inc.

317-359-3733

Guardian Medical Monitoring

800-782-9688

Healthcom

800-525-6237

Help at Home, LLC—Greenwood

317-851-8260

Help at Home, LLC—Indianapolis
317-842-7104

Philips Lifeline Systems, Inc.
855-681-5351

Valued Relationships, Inc.
800-860-4230

Respite Care

Respite care is designed to relieve individuals or families engaged in caring for individuals whose needs are too great to live alone. The adult day service centers listed in this directory can serve as out-of-home respite sites when the caregiver needs to be away on a daily basis. Many nursing homes offer respite stays if caregivers need to be away for longer periods. In-home respite care is available for an hourly fee through private agencies listed in the phone directory under “Home Health Services” or “Nurses.” For more information about respite services, call CICOA’s Aging & Disability Resource Center at 317-803-6131 or 800-432-2422. Additionally, search for providers online via INconnect Alliance: www.in.gov/fssa/inconnectalliance

Service Animals

Alert Service Dogs
317-753-6440, www.alertservicedogs.com

Canine Companions for Independence
800-572-2275, www.cci.org

Indiana Canine Assistant Network (ICAN)
5610 Crawfordsville Rd., Ste. 2101, Indianapolis, IN 46224
317-672-3860, www.icandog.org

Leader Dogs for the Blind
888-777-5332, www.leaderdog.org

Medical Mutts

317-991-5400, www.medicalmutts.com

Wellness Programs

Senior centers and health clinics frequently offer health screening and education services. In addition, some hospitals and organizations have special membership programs for older adults which focus on wellness. Programs, activities and membership benefits vary by site. For additional information on health promotion programs, contact:

Boner Fitness and Learning Center

727 N. Oriental St., Indianapolis, IN 46202

317-423-2000, jhbcc.org/bonerfitnessandlearningcenter

Community Health Network—Touchpoint

800-777-7775, www.ecommunity.com/touchpoint

Franciscan Health Senior Promise

8111 S. Emerson Ave., Indianapolis, IN 46237

317-528-8277, www.franciscanhealth.org/seniorpromiseindy

Hamilton County Health Department

18030 Foundation Dr., Ste. A, Noblesville, IN 46060

317-776-8500, www.hamiltoncounty.in.gov

Hancock County Health Department

111 American Legion Pl., Ste. 150, Greenfield, IN 46140

317-477-1125, www.hancockcoingov.org

Hancock Regional Hospital

801 N. State St., Greenfield, IN 46140

317-462-5544, www.hancockregionalhospital.org/wellness-education

Hendricks County Health Department

355 S. Washington St., Danville, IN 46122

317-745-9372, www.co.hendricks.in.us

Hendricks Regional Health

1000 E. Main St., Danville, IN 46122
317-745-4451, www.hendricks.org

Heritage Place of Indianapolis

4550 N. Illinois St., Indianapolis, IN 46208
317-283-6662, www.heritageplaceindy.org

Indianapolis Oasis

317-396-3751, www.oasisnet.org/Indianapolis-IN

JCC Indianapolis

6701 Hoover Rd., Indianapolis, IN 46260
317-251-9467, www.jccindy.org

Johnson County Health Department

460 N. Morton St., Ste. A, Franklin, IN 46131
317-346-4365, www.co.johnson.in.us/health

Marion County Public Health Department

3838 N. Rural St., Indianapolis, IN 46205
317-221-2000, marionhealth.org

Morgan County Health Department

180 S. Main St., Ste. 252, Martinsville, IN 46151
765-342-6621, www.morgancountyhealth.com

PrimeLife Enrichment Inc.

1078 3rd Ave. SW, Carmel, IN 46032
317-815-7000, www.primelifeenrichment.org

Riverview Health Wellness

395 Westfield Rd., Noblesville, IN 46060
317-773-0760, www.riverview.org

SilverSneakers Fitness Program

866-584-7389, www.silversneakers.com

St. Vincent Center for Healthy Aging

8424 Naab Rd., Ste. 1L, Indianapolis, IN 46260
317-338-7780, www.stvincent.org

Income Support

In This Section:

Programs that help to meet the economic needs of the community by helping residents prepare for, find and sustain gainful employment; providing public assistance and support for those who are eligible; ensuring that retirees, older adults, people with disabilities and other eligible individuals receive the benefits to which they are entitled; and offering temporary financial assistance for people who are experiencing an unexpected financial crisis in situations where support related to their specific circumstances is unavailable.

Employment

Employment programs offer job counseling, training and placement for workers. They also serve as a contact point for employers seeking to hire older workers or individuals with disabilities seeking to enter the workplace.

Bosma Enterprises

6270 Corporate Dr., Indianapolis, IN 46278
317-684-0600, www.bosma.org

Goodwill of Central & Southern Indiana

Senior Community Service Employment Program
1635 W. Michigan St., Indianapolis, IN 46222
317-524-4313, www.goodwillindy.org

National Able Network Indiana Headquarters

3737 N. Meridian St., Ste. 404, Indianapolis, IN 46208
855-994-8300, 317-396-7800, www.nationalable.org

Vocational Rehabilitation Services Area 13 and 14

Boone, Hamilton, Marion Counties
2620 Kessler Blvd. E. Dr., Ste. 105, Indianapolis, IN 46220
317-205-0100, www.vrs.in.gov

Vocational Rehabilitation Services Area 15 and 16

Hendricks, Marion Counties
6640 Parkdale Pl., Ste. L, Indianapolis, IN 46254
317-270-1005, www.vrs.in.gov

Vocational Rehabilitation Services Area 23

Hancock County
52 S. 2nd St., Richmond, IN 47374
765-966-0932, www.vrs.in.gov

Vocational Rehabilitation Services Area 22 and 24

Johnson, Shelby Counties
1248 Washington St., Columbus, IN 47201
812-376-9935, www.vrs.in.gov

Vocational Rehabilitation Services Area 21

Morgan County

1531 S. Curry Pike, Ste. 300, Bloomington, IN 47403

812-332-7331, www.vrs.in.gov

WorkOne Franklin—Johnson County

97 Umbarger Ln., Franklin, IN 46131

317-736-5531, www.workonecentral.org/johnson.html

WorkOne Greenfield—Hancock County

836 S. State St., Greenfield, IN 46140

317-462-7711, www.workonecentral.org/hancock.html

WorkOne Indianapolis—Marion County

4410 N. Shadeland Ave., Indianapolis, IN 46226

317-798-0335, www.workoneindy.org

WorkOne Lebanon—Boone County

125 Lakeshore Dr., Lebanon, IN 46052

765-482-0160, www.workonecentral.org/boone.html

WorkOne Noblesville—Hamilton County

300 N. 17th St., Noblesville, IN 46060

317-841-8194, www.workonecentral.org/hamilton.html

WorkOne Plainfield—Hendricks, Morgan County

995 Andico Rd., Plainfield, IN 46168

317-838-9335, www.workonecentral.org/hendricks.html

WorkOne Shelbyville—Shelby County

2177 Intelliplex Dr., Rm. 112, Shelbyville, IN 46176

317-392-3251, www.workonecentral.org/shelby.html

Public Assistance Programs

Medicaid

Medicaid is a joint federal and state program that helps low-income persons with medical expenses. It covers most medical costs including prescriptions, medical supplies and equipment, dental services, eye care and transportation. It is available to low-income persons age 65 and older and to low-income persons of any age with a disability. Find a local office for the Division of Family Resources online at: www.in.gov/fssa/dfr/2999.htm or call 1-800-403-0864.

Supplemental Nutrition Assistance Program (SNAP)

SNAP provides low-income households with electronic benefits that are used like a debit card to purchase food at stores authorized by the U.S. Department of Agriculture (USDA). The USDA administers SNAP at the federal level through its Food and Nutrition Service (FNS). State agencies administer the program at state and local levels, including determination of eligibility and allotments and distribution of benefits.

To find out if you are eligible for SNAP benefits or Medicaid:

1. Fill out an online application at www.in.gov/fssa/dfr/2999.htm and submit, or
2. Print and complete, then fax completed application to Division of Family Resources at 800-403-0864, or
3. Print and complete, then hand deliver to your local Division of Family Resources and they will fax it for you, or
4. Print and complete, then mail application to the FSSA Document Center at P.O. Box 1630, Marion, IN 46952 or
5. Contact CICOA Aging & In-Home Solutions ADRC at 317-803-6131 for assistance with the application process.

Supplemental Security Income (SSI)

The Supplemental Security Income (SSI) program pays benefits to disabled adults and children who have limited income and resources. SSI benefits are also payable to people 65 and older without disabilities who meet the financial criteria.

Social Security Administration

800-772-1213, TTY 800-325-0778, www.socialsecurity.gov

Retirement Benefits

Civil Service Retirement Benefits

This website is secure and password protected. The password is mailed to the retiree. If retirees do not receive the password, they may call the phone number to make further inquiry.

888-767-6738, www.opm.gov/retirement-services

Veteran Retirement Benefits

The Indiana Department of Veteran Affairs can assist veterans with a variety of services and address state level questions. Veterans may contact them at 1-800-400-4520, in.gov/dva

County Veteran Service Officers can assist veterans with state and federal level questions and concerns. Call your local officer for additional information.

Boone County, 765-483-4480
Hamilton County, 317-776-9610
Hancock County, 317-462-8767
Hendricks County, 317-745-9239
Johnson County, 317-346-4563
Marion County, 317-327-3145
Morgan County, 765-349-5505
Shelby County, 317-392-6480

Richard L. Roudebush VA Medical Center

1481 W. 10th St., Indianapolis, IN 46202
317-554-0000, www.indianapolis.va.gov

Railroad Workers Retirement Benefits

Railroad Workers Retirement Benefits,
46 E. Ohio St., Ste. 413, Indianapolis, IN 46204
877-772-5772, www.rrb.gov

Social Security Retirement Benefits

Social Security Administration
800-772-1213, TTY 800-325-0778, www.ssa.gov

Senior Corps Volunteer Program

The following Senior Corps Volunteer Programs are federal programs of the Corporation for National and Community Services. Grants administered through Senior Corps provide funding for Senior Companion, Foster Grandparent, and RSVP Programs. Find more information online at www.nationalservice.gov/programs/senior-corps

Senior Companion Program

Pairs volunteers age 55 and older with adults in their community who have difficulty with the simple tasks of day-to-day living.

Catholic Charities Indianapolis

Senior Companion Program
1400 N. Meridian St., Indianapolis, IN 46202
317-236-1565

Foster Grandparent Program

Connect volunteers age 55 and older with children and young people with exceptional needs.

Community Action of Greater Indianapolis (CAGI)

Foster Grandparent Program
3266 N. Meridian St., Ste. 200, Indianapolis, IN 46208
317-524-6860

Interlocal Community Action Program, Inc.

Foster Grandparent Program
615 St., Rd. 38 W., New Castle, IN 47362
765-529-4403

RSVP Program

For volunteers 55 and older seeking service opportunities in their local communities.

Catholic Charities Indianapolis

RSVP Program
1400 N. Meridian St., Indianapolis, IN 46202
317-261-3378

Social Health Insurance

Medicare

Medicare is the federal health insurance program for individuals either age 65 and older receiving Social Security benefits or individuals under age 65 with a disability who have been receiving Social Security Disability benefits for at least 24 months. Individuals must meet residency requirements. Medicare is administered by the Centers for Medicare & Medicaid Services (CMS). For information about Social Security benefits or to apply for Medicare contact:

Social Security Administration

575 N. Pennsylvania St., Ste. 685, Indianapolis, IN 46204
800-772-1213, TTY 800-325-0778, www.ssa.gov

For Medicare claims and questions contact:

Medicare

800-633-4227, TTY 855-474-0049, www.medicare.gov

Medicare Prescription Drug Coverage (Part D)

Medicare's prescription drug coverage, Part D, can help reduce your prescription drug costs. You can join a Medicare prescription drug plan annually between October 15 and December 7.

Compare plan options by calling the State Health Insurance Assistance Program 800-452-4800 (in-state only), by calling Medicare at 800-633-4227 (TTY 855-474-0049) or by visiting www.medicare.gov.

Low-Income Assistance Programs

Medicare Savings Program (MSP) is a program provided through Indiana's Medicaid program for Medicare beneficiaries with low incomes, limited resources and Part B. Individuals must meet income and resource guidelines to qualify. Depending on your income qualification, you can receive help paying for your Medicare Part B costs as follows:

- **Qualified Medicare Beneficiary (QMB)** covers monthly Part B premiums, annual Part B deductible, doctor's bills and co-payments.
- **Specified Low-Income Medicare Beneficiary (SLMB)** covers only the Medicare Part B premium for qualified individuals.
- **Qualified Individual (QI)** covers only the Medicare Part B premium for qualified individuals.

Low-Income Subsidy (LIS) or "Extra Help" is a program provided through the Social Security Administration for Medicare beneficiaries with low incomes, limited resources, and Medicare Part D (Prescription Drug Plan). Individuals must meet income and resource guidelines to qualify. Qualified individuals can receive "extra help" or assistance paying for Part D monthly premiums, annual deductibles and/or co-pays.

For Medicare Savings Program (MSP) or Low Income Subsidy (LIS) eligibility assessments and application assistance contact SHIP.

State Health Insurance Assistance Program (SHIP)

The **State Health Insurance Assistance Program**, or **SHIP**, is a nationwide program that provides free and objective counseling and assistance to persons with questions or problems regarding Medicare and other related health insurances. SHIP is not affiliated with any insurance company or agency and does not sell insurance. Through phone counseling, face-to-face appointments or resource events, your local SHIP counselors will:

- Answer questions related to Medicare, Medigap Policies (supplemental insurance), Medicare Prescription Drug Plans, Medicare Advantage Plans, Long Term Care Insurance, help with prescription costs and low-income assistance.
- Provide evaluation and enrollment assistance for Medicare plan options
- Provide counsel and assistance on other local insurance options and public assistance programs
- Provide eligibility assessment and application assistance for Medicare Savings Program (MSP), Low Income Subsidy (LIS) or Medicaid

To find a SHIP site nearest you, contact:

State Health Insurance Assistance Program (State Office)

311 W. Washington St., Ste 200, Indianapolis, IN 46204
800-452-4800 (in-state only), www.in.gov/idoi/2508.htm

Senior Medicare Patrol

SMPs nationwide are trained each year to help stop Medicare and Medicaid fraud. SMP's primary goal is to teach Medicare beneficiaries how to protect their personal identity; detect errors on health care bills; and report deceptive health care practices including illegal marketing, providing unnecessary or inappropriate services, and charging for services never provided. SMP staff and volunteers speak to Medicare beneficiaries in their communities through group presentations, community events, phone calls to SMP help lines and one-on-one

counseling. SMP is a program of the Indiana Association of Area Agencies on Aging. Report suspected Medicare fraud or abuse to:

CICOA Aging & In-Home Solutions' SHIP line

317-803-6131, 800-432-2422

Indiana Association of Area Agencies on Aging (IAAAA)

317-205-9201, 800-986-3505

Veteran Health Insurance

The Indiana Department of Veteran Affairs, County Veteran Service Officers and Veterans Administration can assist veterans with a variety of state level questions.

Department of Veteran Affairs

800-400-4520, www.in.gov/dva.

Veterans Administration

Benefits Information and Assistance

877-222-8387, 800-827-1000, www.va.gov

Individual & Family Life

In This Section:

Programs that promote the personal, social and spiritual development of people in the community by offering services that replace or supplement the care and support that is generally available through the family unit; providing for the humane care, protection and control of the pets and other domestic animals; and offering social, religious/spiritual and leisure-time activities that are personally satisfying and lead to optimal social functioning.

Adult Day Service Providers

Adult day service centers are designed to offer stimulating activities and care for those who should not be left alone during the day. Adult day service also provides needed respite for the primary caregiver. A hot meal is usually provided and transportation may be available. Costs vary from set fees to full subsidies for low-income individuals. Call for specific details.

A Caring Place (Catholic Charities Indianapolis)

4609 N. Capitol Ave., Indianapolis, IN 46208

317-466-0015

www.archindy.org/cc/indianapolis/programs-seniors.html

Active Day of Indianapolis Northwest

6620 Parkdale Pl., Ste. R, Indianapolis, IN 46254

317-297-3730, www.activeday.com

Active Day of Indianapolis South

5915 S. Emerson Ave., Indianapolis, IN 46237

317-783-2155, www.activeday.com

Ashford Place Health Campus

Adult Day Services

2200 N. Riley Hwy., Shelbyville, IN 46176

317-395-3124, www.trilogyhs.com

Charlene's Angels

5800 W. Smith Valley Rd., Greenwood, IN 46142

317-431-1484, www.charsangels.com

Easter Seals Crossroads

4740 Kingsway Dr., Indianapolis, IN 46205

317-466-1000, www.eastersealscrossroads.org

Easter Seals Crossroads

3215 E. Thompson Rd., Indianapolis, IN 46227

317-396-2699, www.eastersealscrossroads.org

Forever Young Hoosiers Adult Day Program

12412 Old Meridian St., Carmel, IN 46032

888-419-6444 ext. 1, www.foreveryounghoosiers.net

Forever Young Hoosiers Adult Day Program

6253 Coffman Rd., Indianapolis, IN 46254

888-419-6444 ext. 1, www.foreveryounghoosiers.net

Golden Gardens

2636 N. Mitthoeffer Rd., Indianapolis, IN 46229

317-897-8555, www.thegoldengardens.com

Homewood Health Campus

2494 N. Lebanon St., Lebanon, IN 46052

765-736-0589, www.trilogyhs.com

Independent Adult Day Care Centers- Northwest

8755 Guion Rd., Ste. A, Indianapolis, IN 46268

317-296-8810, www.independentadultday.com .

Independent Adult Day Care Centers- South

2225 Shelby St., Indianapolis, IN 46203

317-296-8811, www.independentadultday.com

John Boner Adult Day Services

2236 E. 10th St., Indianapolis, IN 46201

317-633-8210, www.jhbcc.org

Joy's House Adult Day Services

2028 E. Broad Ripple Ave., Indianapolis, IN 46220

317-254-0828, www.joyshouse.org

Joy's House at UIndy

1615 E. Castle Ave., Indianapolis, IN 46227

317-737-2515, www.joyshouse.org

Just Friends

900 Lindsey St., Columbus, IN 47201

812-372-6415, www.justfriendscolumbus.com

Meaningful Day Services

3725 Kentucky Ave., Ste. 3102, Indianapolis, IN 46221

317-248-0016, www.meaningfuldays.com

Miller's Merry Manor

259 W. Harrison St., Mooresville, IN 46158
317-831-6272, www.millersmerrymanor.com

Noble

7701 E. 21st St, Indianapolis, IN 46219
317-375-2700, www.mynoblelife.org

SarahCare of Indianapolis

2805 E. 96th St., Ste. E, Indianapolis, IN 46240
317-815-8300, www.sarahcare.com

Second Family Adult Day Center

8515 Cedar Pl. Dr., Ste. K1, Indianapolis, IN 46240
317-251-1225

Still Waters Adult Day Center Castleton

7160 Shadeland Station, Indianapolis, IN 46256
317-284-0837, stillwatersadc.org

Still Waters Adult Day Center Eastgate

8100 E. 16th St., Indianapolis, IN 46219
317-820-3233, stillwatersadc.org

Aging-in-Place Organizations/Networks

Safe at Home

CICOA Aging & In-Home Solutions' Safe at Home service offers home accessibility modifications to assist home owners and renters age 60 and older or of any age with a disability to make their homes safe and accessible for daily living. There are a number of funding opportunities that are available to assist with the cost of home accessibility modifications based on a client's eligibility. For more information, contact CICOA's Aging & Disability Resource Center at 317-803-6131.

Companionship

Friendly visitors are volunteers who offer companionship and encouragement a few hours each week to frail, isolated seniors in their homes or in health care facilities. Sometimes the volunteers are able to help with errands and practical assistance. Many churches also have visiting programs.

Friendly Visiting

Boone County Senior Services

Friendly Visitor Program

515 Crown Pointe Dr., Lebanon, IN 46052

765-482-5220, www.booneseniors.org

Catholic Charities Indianapolis

Senior Companion Program

1400 N. Meridian St., Indianapolis, IN 46202

317-236-1565, www.archindy.org/cc/indianapolis

Hancock County Senior Services

Telephone Reassurance/Homebound Visits Program

1870 Fields Blvd., Greenfield, IN 46140

317-462-3758, www.hcssi.org

Heritage Place of Indianapolis

4550 N. Illinois St., Indianapolis, IN 46208

317-283-6662, www.heritageplaceindy.org

Shelby Senior Services, Inc.,

Family Caregiver Support Program

1504 S. Harrison St., Shelbyville, IN 46176

317-398-0127, www.shelbyseniorservices.org/family-care-giver

Shepherd's Center of Hamilton County

Community Caring Program

347 S. 8th St., Noblesville, IN 46060

317-674-8777, www.shepherdscenterofhamiltoncounty.org

Home Repair and Maintenance

The USDA Rural Development Office has a Very Low-Income Housing Repair program that provides loans and grants to homeowners age 62 and older to repair, improve or modernize their dwellings (including accessibility) or to remove health and safety hazards. For more details visit www.rd.usda.gov or contact one of the following agencies:

USDA Rural Development, Crawfordsville Office

Boone and Hendricks Counties
2032 Lebanon Rd., Crawfordsville, IN 47933
765-362-0405, ext. 4, www.rd.usda.gov/in

USDA Rural Development, Muncie Office

Hamilton and Hancock Counties
3641 N. Briarwood Ln., Muncie, IN 467304
765-747-5531, ext. 4, www.rd.usda.gov/in

USDA Rural Development, North Vernon Office

Johnson, Morgan and Shelby Counties
2600 Hwy. 7 N., North Vernon, IN 47265
812-346-3411, ext. 4, www.rd.usda.gov/in

Community Development Corporations (CDC)

A number of public and private agencies throughout Marion County provide assistance to Indianapolis residents. Community Development Corporations (CDC's) are non-profit organizations engaged in affordable housing development. Persons needing assistance with home repair or wanting to purchase or rent an affordable home should contact one of the following geographically bound organizations.

Crooked Creek CDC

6002 N. Michigan Rd., Indianapolis, IN 46268
317-257-5388, www.crookedcreekcdc.org

Englewood CDC

57 N. Rural St., Indianapolis, IN 46201
317-639-1541, www.inglewoodcdc.com

Indianapolis Housing Agency

Insight Development

1935 N. Meridian St., Indianapolis, IN 46202

317-261-7200, www.indyhousing.org/about/insight-development-corp

Indianapolis Neighborhood Housing Partnership

3550 Washington Blvd., Indianapolis, IN 46205

317-610-4663, www.inhp.org

John H. Boner Neighborhood Centers

2236 E. 10th St., Indianapolis, IN 46201

317-633-8210, www.jhbcc.org

King Park Area Development Corporation

1704 Bellefontaine St., IN 46202

317-924-8116, www.kingpark.org

Mapleton-Fall Creek Development Corporation

3190 N. Meridian St., IN 46208

317-923-5514, www.mfcdc.org

Martindale Brightwood Community Development Corporation

2855 N. Keystone Ave., Ste. 130, Indianapolis, IN 46218

317-924-8042, www.mbcfdc.org

Near North Development Corporation

1630 N. Meridian St., Ste. 1110, Indianapolis, IN 46202

317-927-9881, www.nearnorthdevelopment.org

Partners in Housing Development Corporation

725 N. Pennsylvania St., Indianapolis, IN 46204

317-633-1861, www.partnersinhousingindy.org

Riley Area Development Corporation

875 Massachusetts Ave., Ste. 101, Indianapolis, IN 46204

317-637-8996, www.rileyarea.org

Southeast Neighborhood Development (SEND).

1035 Sanders St., Ste. 118, Indianapolis, IN 46203

317-634-5079, www.sendcdc.org

United Northeast Community Development Corporation

3636 E. 38th St., Indianapolis, IN 46218
317-546-6240

Westside Community Development Corporation

2232 W. Michigan St., Indianapolis, IN 46222
317-684-0611, www.wcdcindy.org

NeighborLink Indianapolis

NeighborLink Indy may be able to help low-income seniors with free home repair. Call or go online for assistance.

317-286-2740, www.nlindy.org

Brownsburg Older Adults Alliance

Helping Hands Network

317-749-7540, www.bburgooa.org

Habitat for Humanity

With the support of donors and community volunteers Habitat for Humanity helps Habitat homeowners build affordable homes. For more information and to learn how you may apply contact:

Habitat for Humanity

800-422-4828, www.habitat.org/housing-help/apply

Interpretation/Translation

Neighborhood multipurpose centers may have interpretation services and some are geared towards serving specific cultural groups in the community. For those with limited access to such neighborhood centers, the following organizations assist older adults and may provide interpreter services.

Language Interpretation

Deaf Community Services

Easter Seals Crossroads
4740 Kingsway Dr., Indianapolis, IN 46205
317-479-3240 (V), 317-493-0107 (VP)

Language Line Solutions

1 Lower Ragsdale Drive, Bldg 2, Monterey, CA 93940
800-752-6096, www.languageline.com

Luna Language Services

8935 N. Meridian St., Ste, 250, Indianapolis, IN 46260
317-341-4137, www.luna360.com

Telecommunication Relay Service

Telecommunications Relay Service, also known as TRS, Relay Service, or IP-Relay, or Web-based relay service, is an operator service that allows people who are deaf, hard-of-hearing, speech-disabled, or deaf/blind to place calls to standard telephone users via a keyboard or assistive device. Indiana residents with hearing or speech impairments can access this service by dialing the three-digit number, 7-1-1.

Pet Companionship

Many Humane Society locations and animal shelters match pets with older adults. Some offer special adoption programs or lower fees throughout the year to reduce cost for adoption. Fees charged help reimburse the shelters for the cost of spaying or neutering, vaccinations and other adoption charges.

Greenfield/Hancock County Animal Management

809 S. State St., Greenfield, IN 46140
317-477-4367, www.greenfieldin.org/government/animal-control

Hendricks County Animal Control/Shelter

250 E. Campus Blvd., Danville, IN 46122
317-745-9250

Hendricks County Humane Society

3033 E. Main St., Danville, IN 46122

317-745-3338, www.hendrickscountyhumanesociety.org

Humane Society for Boone County

877-473-6722, www.hsforbc.org

Humane Society for Hamilton County

1721 Pleasant St., Ste. B, Noblesville, IN 46060

317-773-4974, www.hamiltonhumane.com

Humane Society of Indianapolis

7929 N. Michigan Rd., Indianapolis, IN 46268

317-872-5650, www.indyhumane.org

Humane Society of Johnson County

3827 N. Graham Rd., Franklin, IN 46131

317-535-6626, www.hsjc.org

Indianapolis Animal Care Services

2600 S. Harding St., Indianapolis, IN 46221

317-327-1397, www.indy.gov/agency/animal-care-services

Johnson County Animal Control

2160 N. Graham Rd., Franklin, IN 46131

317-736-3924, www.johnsoncountyanimalshelter.com/home

Morgan County Humane Society

690 W. Mitchell Ave., Martinsville, IN 46151

765-349-9177, www.mchumanesoc.org

Shelby County Animal Shelter

705 Hale Rd., Shelbyville IN 46176

317-392-5127

www.cityofshelbyvillein.com/departments/animal-shelter/animalshelter

Protective Services

Adult Abuse Reporting

Indiana law requires reporting of suspected abuse, self-neglect or exploitation of dependent adults. Call the 24-hour, toll-free Adult Abuse Hotline or your local Adult Protective Services office to make a report. Reports can be made anonymously. Emergency situations should be reported directly to the police and medical help summoned, if necessary.

Adult Protective Services (State Hotline), 800-992-6978

Adult Protective Services

Adult Protective Services investigates abuse and financial exploitation of the elderly and/or the mentally or physically disabled.

Boone County, 317-327-1403
Hamilton County, 317-327-1403
Hancock County, 317-392-6495
Hendricks County, 317-327-1403
Johnson County, 317-392-6495
Marion County, 317-327-1403
Morgan County, 812-349-2665
Shelby County, 317-392-6495

Support Groups and Support Lines

Support groups may meet regularly and provide support services for a variety of issues and illnesses. This list includes a small sample of support groups requested by aging adults, individuals with disabilities, and their families. Support lines may be available any time daily. Support options specific to grief or bereavement are located in the Mental Health portion of this guide. For information about additional support options, call CICOA's Aging & Disability Resource Center at 317-803-6131 or 800-432-2422 or contact Connect2Help 2-1-1 or visit www.connect2help211.org for support group locations.

Alcoholism and Substance Abuse

Alcoholics Anonymous

317-632-7864, www.indyaa.org

ALS Support Groups

ALS Association of Indiana

317-915-9888, www.alsaindiana.org

Alzheimer's Support Groups

Alzheimer's Association of Greater Indiana

800-272-3900, www.alz.org/indiana

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, www.hcseniors.org

Arthritis Support Groups

Arthritis Foundation

844-571-4357, www.arthritis.org/indiana

Autism Support Group

Easter Seals Crossroads

4740 Kingsway Dr., Indianapolis, IN 46205

317-466-1000, www.eastersealscrossroads.org

Brain Injury Support Groups

Brain Injury Association

317-329-2235, 800-444-6443, www.biaindiana.org/education

Community Rehabilitation Hospital

7343 Clearvista Dr., Indianapolis, IN 46256

317-585-5428

Rehabilitation Hospital of Indiana Neurorehabilitation Center
Bridging the Gap Program
317-329-2455

Cancer Support Groups

American Cancer Society
317-344-7800, 800-227-2345, www.cancer.org

Boone County Cancer Society
117 W. Elm St., Lebanon, IN 46052
765-482-2043, www.boonecountycancersociety.org

CancerCare
800-813-4673, www.cancer.org

Cancer Support Community Central Indiana
317-257-1505, www.cancersupportindy.org

Community Health Network Cancer Care
1440 E. Co. Ln. Rd., Ste. 1700, Indianapolis, IN 46227
317-497-2859, www.ecommunity.com

Hancock Regional Hospital Cancer Center
801 N. State St., Greenfield, IN 46140
317-325-2643
www.hancockregionalhospital.org/healthcare-services/cancer-care

Indiana University Health Morgan Cancer Services
2209 John R. Wooden Dr., Martinsville, IN 46151
765-349-6533

Indiana University Health Cancer Center
Cancer Support Group and Caregiver Support Group
1030 W. Michigan St., Rm. C1305, Indianapolis, IN 46202
317-944-0301

Leukemia and Lymphoma Society
317-860-3840, 800-955-4572, www.lls.org/indiana

Little Red Door Cancer Agency
317-925-5595, www.littlereddoor.org

Major Hospital

2455 Intelliplex Dr., Shelbyville, IN 46176

317-421-1869, www.mymhp.org/learning-support/support-groups

St. Vincent Health

Cancer Care Careline

317-338-3900, www.stvincent.org

Witham Health Services

2505 N. Lebanon St., Lebanon, IN 46052

765-485-8120, www.witham.org

Caregiver Support Groups

Catholic Charities Indianapolis

1400 N. Meridian Street, Indianapolis, IN 46202

317-261-3378

Franciscan Health-Baxter YMCA

7900 Shelby St., Indianapolis, IN 46227

317-528-2636

Crohn's and Colitis Support Groups

Crohn's and Colitis Foundation

317-259-8071, www.crohnscolitisfoundation.org

Diabetes Support Groups

Hendricks County Senior Services

Hendricks Regional Health Support Group-

1201 Sycamore Ln., Danville, IN 46122

317-745-3769, 317-745-4303

Indiana University Health Physicians Diabetes Centers

1801 N. Capital Ave., Indianapolis, IN 46202

317-962-3451

Major Health Partners-Major Hospital

2451 Intelliplex Dr., Shelbyville, IN 46176

317-421-5634, www.mymhp.org

Riverview Health

395 Westfield Rd., Noblesville, IN 46060
317-776-7233

Witham Health Services

2605 N. Lebanon St., Lebanon, IN 46052
765-485-8255

Lung Health Support Groups**American Lung Association**

Better Breathers Club and Pulmonary Support Groups
317-819-1181, 800-586-4872, www.lung.org

Multiple Sclerosis Support Groups**National Multiple Sclerosis Society**

800-344-4867, www.nationalmssociety.org/Chapters/INI

Osteoporosis Support Groups**National Osteoporosis Foundation**

800-231-4222, www.nof.org

Parkinson's Support Groups**Hendricks County Senior Services**

1201 Sycamore Ln., Danville, IN 46122
317-745-4303, www.hcseniors.org

Parkinson Awareness Association of Central Indiana, Inc.

P.O. Box 19575, Indianapolis, IN 46219
317-255-1993, www.paaci.org

Pet Grief Support Groups**Indiana Pet Loss Resources**

317-291-7535, www.pet-loss.net/resources/IN.shtml

Stroke Support Groups

Community Rehabilitation Hospital

7343 Clearvista Dr., Indianapolis, IN 46256
317-585-5428

Rehabilitation Hospital of Indiana (RHI)

4141 Shore Dr., Indianapolis, IN 46254
317-329-2251

Vision Support Groups

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122
317-745-4303, www.hcseniors.org

Support Lines

Caregiver of Veterans Support Line

Caregiver Support Line
855-260-3274, www.caregiver.va.gov

Key Consumer Organization-Mental Health Advocacy

317-205-2500; www.keyconsumer.org

LGBT National Help Center Senior Hotline

888-234-7243; www.lgbthotline.org

LGBT National Help Center Youth Talkline

800-246-7743; www.lgbthotline.org

LGBT National Help Center Hotline

888-843-4564; www.lgbthotline.org

Trevor Project Lifeline

866-488-7386; www.thetrevorproject.org

Vet Center

877-927-8387; www.vetcenter.va.gov

National Suicide Prevention Lifeline

800-273-8255

Volunteer Development

The organizations listed below offer volunteer opportunities in both business and community service for individuals and groups.

American Red Cross of Indiana

317-684-1441, www.redcross.org/local/indiana.html

Boone County Senior Services

515 Crown Pointe Dr., Lebanon, IN 46052

765-482-5220, www.booneseniors.org

Bosma Enterprises

317-684-0600, www.bosma.org/Get-Involved/Volunteer

Boys and Girls Club of Indianapolis

317-920-4700, <http://bgcindy.org/volunteer>

Catholic Charities Retired and Senior Volunteer Program (RSVP)

1400 N. Meridian St., Indianapolis, IN 46202

317-261-3378,

www.archindy.org/cc/indianapolis/RSVPofCentralIndiana.html

CICOA Aging & In-Home Solutions

317-803-6003, www.cicoa.org/volunteer

Franciscan Health

317-528-5194, www.franciscanhealth.org

Habitat for Humanity of Greater Indianapolis

317-921-2121, www.indyhabitat.org/volunteer

Habitat for Humanity of Boone County

317-443-7549, www.habitatboonecounty.org

Habitat for Humanity of Hamilton County

317-896-9423, www.habitathamiltoncounty.org

Habitat for Humanity of Johnson County

317-530-9222, www.habitatjohnsoncounty.org

Habitat for Humanity of Morgan County

765-349-9003, www.morgancountyhabitat.org

Habitat for Humanity of Shelby County

317-512-0053

Hancock Senior Services

1870 Fields Blvd., Greenfield, IN 46140

317-462-3758, www.hcssi.org

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, www.hcseniors.org/wp

Heritage Place of Indianapolis

4550 N. Illinois St., Indianapolis, IN 46208

317-283-6662, www.heritageplaceindy.org

Indianapolis Oasis

317-396-3751, www.oasisnet.org/Indianapolis-IN/Volunteer

Indy Reads

40 E. St. Clair St., Indianapolis, IN 46204

317-275-4040, www.indyreads.org

Johnson County Senior Services

731 S. State St., Franklin, 46131

317-738-4544, www.jcseniorservices.org

Johnson Memorial Health

317-346-3760, www.johnsonmemorial.org

Meals on Wheels of Central Indiana

317-252-5558, www.mealsonwheelsindy.org

Morgan County Connect

1369 N. Blue Bluff Rd., Martinsville, IN 46151

765-342-3007, www.morganconnect.org

NeighborLink Indianapolis

317-286-2740, www.nlindy.org

PrimeLife Enrichment Inc.

1078 3rd Ave. SW, Carmel, IN 46032

317-815-7000, www.primelifeenrichment.org

Shelby County United Fund

317-398-6231, www.scuffy.org

Shelby Senior Services, Inc.

1504 S. Harrison St., Shelbyville, IN 46176

317-398-0127, www.shelbyseniorservices.org

The Caring Center

1230 Ransdell Rd., Lebanon, IN 46052

765-482-2020, www.thecaringcenter.net

United Way of Central Indiana

317-921-1271, uwci.galaxydigital.com

United Way of Johnson County

317-736-7840, www.uwjc.org

Witham Health Services

765-485-8175

Legal Services

In This Section:

Programs that promote and preserve the conditions that enable community residents to live in a safe and peaceful environment through the enforcement of laws that protect life and property and the administration of justice according to the principles of law and equity. Included are crime prevention programs as well as programs that investigate and make arrests for criminal behavior; provide support for witnesses to and victims of crimes; and provide for the arraignment, prosecution and defense, judgment, sentencing, confinement and eventual release and resettlement of offenders.

Adult Guardianship Assistance

Guardianship is a legal process that assists incapacitated persons by assigning the responsibility of their affairs and decision making to others. “Old age” alone will not justify guardianship. “Incapacitated” persons are those who are unable to manage their own property and/or self-care. The assistance of an attorney is required. Persons seeking to assume guardianship must do so through the courts. For additional information contact:

Center for At-Risk Elders (CARE)

317-955-2790 www.indianacare.org

Families First

2240 N. Meridian St., Indianapolis, IN 46208

317-634-6341, www.familiesfirstindiana.org

For guardianship issues specifically related to disability or special education:

Senior Law Project

Indiana Legal Services, Inc.

151 N. Delaware St., Ste. 1800, Indianapolis, IN 46204

317-631-9424, www.indianalegalservices.org

Legal Assistance

The Senior Law Project through Indiana Legal Services, Inc. is funded in part by CICOA to assist low-income seniors with legal services at no charge and to provide referrals to attorneys who specialize in senior law. They may be able to help contest or terminate a guardianship. Senior Law Project also provides helpful booklets regarding senior law issues, life planning (living wills, power of attorney, guardianship, etc.), and speakers for educational programs.

Senior Law Project

151 N. Delaware St., Ste. 1800, Indianapolis, IN 46204

317-631-9424, 800-869-0212, www.indianalegalservices.org

Intake: Mon-Fri, 8:30 a.m. - 5:00 p.m.

These organizations may be able to provide legal representation for low-income clients of any age:

Disability Legal Services of Indiana

5954 N. College Ave., Indianapolis, IN 46220
317-426-7733, www.disabilitylegalservicesindiana.org

Indianapolis Bar Association

135 N. Pennsylvania St., Ste. 1500, Indianapolis, IN 46204
317-269-2000, www.indybar.org

- **Lawyer Referral Service**
317-269-2222, Mon-Fri, 8:30 a.m. - 4:30 p.m.
- **Legal Line**
317-269-2000, 2nd Tuesday, 6:00 p.m. - 8:00 p.m.

Indianapolis Legal Aid Society

615 N. Alabama St., Ste. 122, Indianapolis, IN 46204
317-635-9538, www.indylas.org

Indiana Legal Services – Bloomington

214 S. College Ave., 2nd Floor, Bloomington, IN 47404
812-339-7668, www.indianalegalservices.org

Indiana Legal Services- Indianapolis

151 N. Delaware St., Ste. 1800, Indianapolis, IN 46204
317-631-9410, 844-243-8570, www.indianalegalservices.org

Indiana State Bar Association

One Indiana Square, Ste. 530, Indianapolis, IN 46204
317-639-5465, 800-266-2581 www.inbar.org

The National Academy of Elder Law Attorneys, Inc. maintains a searchable attorney database accessible to all.

National Academy of Elder Law Attorneys, Inc

703-942-5711, www.naela.org

Additional resources and publications about elder laws can be found online at www.elderlawanswers.com.

Long-Term Care Ombudsman Programs

The following agencies investigate nursing home complaints about conditions at facilities, compliance with state regulations, abusive treatment, and inadequate care of residents. In addition to investigating complaints about nursing homes, the ombudsman also assists residents who have problems with Medicare, Medicaid or those who want to contest a guardianship.

Indiana Attorney General

Patient Abuse and Neglect Program
302 W. Washington St., 5th Floor, Indianapolis, IN 46204
800-382-1039, www.in.gov/attorneygeneral

Indiana Legal Services

Long Term Care Ombudsman
151 N. Delaware St., Ste. 1800, Indianapolis, IN 46204
317-631-9410 ext. 2255, 844-243-8570, www.indianalegalservices.org

Indiana Long-Term Care Statewide Ombudsman

Division of Aging, Indiana Family and Social Services Administration
402 W. Washington St., W451, Indianapolis, IN 46204
800-622-4484, ext. 1

Indiana State Department of Health

Division of Long Term Care
2 N. Meridian St., Ste. 4B, Indianapolis, IN 46204
317-233-7442, www.state.in.us/isdh

Mental Health & Substance Abuse

In This Section:

Programs that provide preventive, diagnostic and treatment services in a variety of community and hospital-based settings to help people achieve, maintain and enhance a state of emotional well-being, personal empowerment and the skills to cope with everyday demands without excessive stress or reliance on alcohol or other drugs. Treatment may include emotional support, introspection and problem-solving assistance using a variety of modalities and approaches, and medication, as needed, for individuals who have a physical and/or psychological dependency on one or a combination of addictive substances or for people who range from experiencing difficult life transitions or problems in coping with daily living to those with severe, chronic mental illnesses that seriously impact their lives.

Bereavement Counseling

These organizations or agencies offer group education, counseling or support for persons who have experienced the death of a loved one. Services are usually provided at no cost. Hospitals and hospice providers may also offer grief or bereavement counseling or support groups.

AseraCare

252 W. Main St., Carmel, IN 46032
317-337-0439, www.aseracare.com

Brooke's Place for Grieving Young People

8935 N. Meridian St., Ste. 200, Indianapolis, IN 46260
317-705-9650, brookesplace.org

Center for Psychological Development

23 S. 8th St., Ste. 900, Noblesville, IN 46060
765-287-1922, www.muncietherapy.com

Community Home Health Services

InTouch Bereavement
9894 E. 121st St., Fishers, IN 46037
317-621-4646, www.ecommunity.com/grief

Connection Pointe Christian Church

Grief Share
1800 N. Green St., Brownsburg, IN 46112
317-852-2221

Dusk-to-Dawn Bereavement

394 N. Mt. Zion Rd., Lebanon, IN 47933
765-376-5644, www.dusk-to-dawn.org

Mental Health Associations

Division of Mental Health and Addiction

Indiana Family & Social Services Administration (FSSA)
317-232-7800, www.in.gov/fssa/dmha

Mental Health America of Indiana

317-923-8800, mhai.net

Mental Health Partners of Hancock County

317-462-2877, www.mentalhealthpartnershc.com

National Alliance on Mental Illness Indiana (NAMI)

800-677-6442, www.namiindiana.org/blog

Community Mental Health Agencies and Outpatient Care

Community mental health centers provide a wide range of services, including inpatient treatment, day treatment, and outpatient counseling for older adults and their families. There are many different types of counseling. For help finding counseling that best suits your needs, contact any of the following agencies:

Adult and Child Mental Health Center

Access Line: 877-882-5122, www.adultandchild.org

Aspire Indiana

Access Line: 317-574-1254, 800-560-4038, www.aspireindiana.org

Behavioral Health at Raphael Health Center

401 E. 34th St., Indianapolis, IN 46205

317-926-1507, raphaelhc.org/behavioral-care

Centerstone

Intake Line: 800-344-8802, www.centerstone.org

Community Health Network Behavioral Health

Crisis Line: 317-621-5700, 800-662-3445

Intake Line: 317-621-5719, 866-621-5719

www.ecommunity.com/services/mental-behavioral-health

Cummins Behavioral Health Systems, Inc.

Emergency Line: 888-714-1927 ext. 1501

Central Access: 888-714-1927 ext. 1500

www.cumminsbhs.org

Hamilton Center, Inc.

2160 N. Illinois St., Indianapolis, IN 46202
317-937-3700, www.hamiltoncenter.org

Meridian Health Services

2506 Willowbrook Pkwy., Indianapolis, IN 46205
Office: 317-803-2270, www.meridianhs.org

Eskenazi Health Midtown Community Mental Health

Crisis: 317-800-8485, Intake: 317-880-8491
www.eskenazihealth.edu/mental-health

Inpatient Mental Health Facilities

Many inpatient mental health facilities and most hospitals offer treatment for adults of all ages. They are listed in the Yellow Pages under “Mental Health Services.” The facilities listed below have programs designed specifically to treat the elderly. Medicare or private insurance generally covers the fees.

Assurance Health

900 N. High School Rd., Indianapolis, IN 46214
Intake: 877-261-1177

Community Hospital North Behavioral Health

Intake: 317-621-5700, Crisis: 317-621-5700, 800-273-8255
www.ecommunity.com/services/mental-behavioral-health

IU Health Methodist Hospital

1701 N. Senate Blvd., Indianapolis, IN 46202
317-962-2000, iuhealth.org

NeuroPsychiatric Hospital of Indianapolis

6720 Parkdale Place, Indianapolis, IN 46254
317-744-9200, www.neuropsychiatric hospitals.net

Options Behavioral Health System

5602 Caito Dr., Indianapolis, IN 46226
866-903-8468, www.optionsbehavioralhealthsystem.com

Richard L. Roudebush VA Medical Center

1481 W. 10th St., Indianapolis, IN 46202

317-554-0000, 888-878-6889, www.indianapolis.va.gov

St. Vincent Stress Center

8401 Harcourt Rd., Indianapolis, IN 46260

317-338-4800, 800-872-2210, www.stvincent.org

Witham Health Services

Transitions Senior Behavioral Health Care Services

2605 N. Lebanon St., Lebanon, IN 46052

765-485-8700, www.witham.org

Substance Abuse Services

Alcoholism and Substance Abuse Treatment Programs

Alcoholics Anonymous

1915 W. 18th St., Ste. D, Indianapolis, IN 46202

317-632-7864, www.indyaa.org

Community Health Network Behavioral Health Services

317-621-5719, 866-621-5719

www.ecommunity.com/services/mental-behavioral-health

Cummins Behavioral Health Systems, Inc

Access: 888-714-1927, www.cumminsbhs.org

Division of Mental Health and Addiction

Indiana Family & Social Services Administration

317-232-7800, www.in.gov/fssa/dmha

Emberwood Center

317-536-7100, www.emberwoodcenter.org

Fairbanks

8102 Clearvista Pkwy., Indianapolis, IN 46256

Intake: 800-225-4673, www.fairbankscd.org

Families First

317-634-6341, www.familiesfirstindiana.org

Hamilton Center, Inc.

2160 N. Illinois St., Indianapolis, IN 46202

317-937-3700, www.hamiltoncenter.org

St. Vincent Stress Center

8401 Harcourt Rd., Indianapolis, IN 46260

317-338-4800, 800-872-2210, www.stvincent.org

Serenity & Creative Counseling

Franklin, IN: 317-738-0515

Greenwood, IN: 317-883-4749

www.serenityandcreativecounseling.com

Tara Treatment Center

6231 S. U.S. Highway 31, Franklin, IN 46131

800-397-9978, taratreatmentcenter.org

The Willow Treatment and Recovery Center

515 N. Green St., Ste. 402, Brownsburg, IN 46112

317-852-3690, www.thewillowcenter.com

Organizational/Community Services

In This Section:

Programs that provide any of a broad spectrum of services that benefit entire communities or which offer services that are statewide, regional, national or international in scope. Included are opportunities for individuals or groups to enjoy the artistic and cultural life of the community, participate in community improvement or service projects, engage in philanthropic endeavors, have a voice in the political process, obtain or offer assistance in times of disaster, have access to information services, and/or benefit from the availability of a variety of services for residents, community agencies, organizations, businesses and industries, and other individuals/groups.

Area Agencies on Aging

Indiana Area Agencies on Aging offer advocacy, planning, services and funding that make a difference in the lives of older adults. The frail older person who is able to remain at home if they receive the right services and those who are healthy can benefit from activities and socialization provided by community-based programs. Contact the Area Agency in your county for more information or call 800-986-3505.

Area 1—Northwest Indiana Community Action Corporation

Jasper, Lake, Newton, Porter, Pulaski, and Starke Counties
800-826-7871, www.nwi-ca.com

Area 2—REAL Services, Inc.

Elkhart, LaPorte, Kosciusko, Marshall and St. Joseph Counties
800-552-7928, www.realservices.org

Area 3—Aging & In-Home Services of Northeast Indiana, Inc.

Adams, Allen, DeKalb, Huntington, LaGrange, Noble, Steuben, Wells, and Whitley Counties
800-552-3662, www.agingihs.org

Area 4—Area IV Agency on Aging & Community Action Programs, Inc.

Benton, Carroll, Clinton, Fountain, Montgomery, Tippecanoe, Warren, and White Counties
800-382-7556, www.areaivagency.org

Area 5—Area Five Agency on Aging & Community Services, Inc.

Cass, Fulton, Howard, Miami, Tipton, and Wabash Counties
800-654-9421, areafive.com

Area 6—LifeStream Services

Blackford, Delaware, Grant, Henry, Jay, Madison, and Randolph Counties
800-589-1121, www.lifestreaminc.org

Area 7—Agency on Aging and Disabled/West Central Indiana Economic Development District, Inc. (WCIEDD)

Clay, Parke, Putnam, Sullivan, Vermillion, and Vigo Counties
800-489-1561, www.westcentralin.com

Area 8—CICOA Aging & In-Home Solutions

Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan and Shelby Counties

317-254-5465, www.cicoa.org

Area 9—LifeStream Services

Fayette, Franklin, Rush, Union, and Wayne Counties

800-589-1121, www.lifestreaminc.org

Area 10—Agency on Aging

Monroe and Owen Counties

800-844-1010, www.area10agency.org

Area 11—Thrive Alliance

Bartholomew, Brown, Decatur, Jackson, and Jennings Counties

866-644-6407, www.thrive-alliance.org

Area 12—LifeTime Resources, Inc.

Dearborn, Jefferson, Ohio, Ripley, and Switzerland Counties

800-742-5001, www.lifetime-resources.org

Area 13—Generations

Davies, Dubois, Greene, Knox, Martin, and Pike Counties

800-742-9002, www.generationsnetwork.org

Area 14—LifeSpan Resources, Inc.

Clark, Floyd, Harrison, and Scott Counties

888-948-8330, www.lsr14.org

Area 15—Hoosier Uplands Economic Development Corporation

Crawford, Lawrence, Orange and Washington Counties

800-333-2451, www.hoosieruplands.org

Area 16—SWIRCA & More

Gibson, Perry, Posey, Spencer, Vanderburgh and Warrick Counties

800-253-2188, www.swirca.org

Area Agencies on Aging personnel include care managers and options counselors who are trained professionals that connect individuals to resources and services that allow support living independently in a community setting. Services may include phone options counseling, referrals to community programs, and connections to state or federally

funded programs that provide in-home services such as meals, homemaker, home health aides, adult day services, transportation, respite care and attendant care.

Long-Term Care Options Counseling

Long-term care options counseling is available to individuals through the area agencies on aging. Options counseling can help individuals and in need and their caregivers determine what supports and services are needed and available to someone wanting to remain in the community setting. Long-term options to support an individual at home may include community resource referrals, companionship services, home health, caregiver support and respite, and Medicare or Medicaid counseling.

CICOA Aging & In-Home Solutions

Aging & Disability Resource Center (ADRC)

8440 Woodfield Crossing Blvd, Ste. 175, Indianapolis, IN 46240

317-803-6131, 800-432-2422, www.cicoa.org

Cell Phone Donations

CICOA accepts donations of used cell phones for the Cell Phone Bank. The phones are refurbished by the Cell Phone Bank and provided to seniors and victims of abuse in our community who need a cell phone for 9-1-1 calls only.

Call CICOA at 317-254-5465 or 800-489-9550 to donate a phone or for further information about cell phone options.

Community Centers

Community centers or neighborhood multipurpose centers are gathering places offering group activities, social supports, public information, counseling, education, and other activities. They may be open for the whole community or for a specialized group within the greater community. Examples of community centers for specific

groups include Christian community centers, Islamic community centers, Jewish community centers, youth clubs, etc.

Asian Help Services

609 E. 29th St., Indianapolis, IN 46205
317-924-4827, www.asianhelpservices-in.org

Brightwood Community Center

3130 E. 30th St., Indianapolis, IN 46218
317-546-8200, www.brightwoodcc.org

Christamore House Family and Community Center

502 N. Tremont Ave., Indianapolis, IN 46222
317-635-7211, christamorehouse.org

Community Alliance of the Far Eastside (CAFÉ)

8902 E. 38th St., Indianapolis, IN 46226
317-890-3288, www.cafeindy.org

Concord Neighborhood Center

1310 S. Meridian St., Indianapolis, IN 46225
317-637-4376, www.concordindy.org

Edna Martin Christian Center

2605 E. 25th St., Indianapolis, IN 46218
317-637-3776, ednamartincc.org

Fay Biccard Glick Neighborhood Center

2990 W. 71st St., Indianapolis, IN 46268
317-293-2600, www.faybiccardglickcenter.org

Flanner House of Indianapolis

2424 Dr. Martin Luther King Jr. St., Indianapolis, IN 46208
317-925-4231, www.flannerhouse.com

Fletcher Place Community Center

1637 Prospect St., Indianapolis, IN 46203
317-636-3466, www.fletcherplacecc.org

Goodwin Community Center

3935 Mooresville Rd., Indianapolis, IN 46221
317-247-5201, www.goodwincenter.org

Hawthorne Community Center

70 N. Mount St., Indianapolis, IN 46222
317-637-4312, www.hawthornecenter.org

Heritage Place of Indianapolis Older Adult Services

4450 N. Illinois St., Indianapolis, IN 46208
317-283-6662, heritageplaceindy.org

Immigrant Welcome Center

901 Shelby St., Ste B300, Indianapolis, IN 46203
317-808-2326, www.immigrantwelcomecenter.org

JCC Indianapolis

6701 Hoover Rd., Indianapolis, IN 46260
317-251-9467, www.jccindy.org

Jewish Family Services at the Albert & Sara Reuben Senior and Community Resource Center

6705 Hoover Rd., Indianapolis, IN 46260
317-726-5450, www.jewishindianapolis.org/jfs

John H. Boner Neighborhood Centers

2236 E. 10th St., Indianapolis, IN 46201
317-633-8210, jhbcc.org

La Plaza

8902 E. 38th St., Indianapolis, IN 46226
317-890-3292, www.laplazaindy.org

Lynhurst Baptist Church Community Center

1250 S. Lynhurst Dr., Indianapolis, IN 46241
317-241-2564, www.lynhurstbaptistchurch.com/community-center

Mary Rigg Neighborhood Center

1920 W. Morris St., Indianapolis, IN 46221
317-639-6106, www.maryrigg.org

Shepherd Community Center

4107 E. Washington St., Indianapolis, IN 46201
317-375-0203, www.shepherdcommunity.org

Southeast Community Services

901 Shelby St., Indianapolis, IN 46203

317-236-7400, southeastindy.org

Connect2Help 2-1-1

The national abbreviated dialing code for free access to health and human services information and referral is 2-1-1. Connect2Help211's mission is to facilitate connections between people who need human services and those who provide them. Through the easy-to-remember 2-1-1 dialing code, Connect2Help211 serves solely to promote self-sufficiency, change lives and, as a result, improve the quality of life in our communities. If dialing 2-1-1 fails, call 317-926-4357.

Donated Specialty Items

Durable Medical/Specialized Medical Equipment Donations

Medicare, Medicaid and private health insurance may help with obtaining equipment and supplies that are medically necessary. A physician's statement is required. Suppliers of hospital equipment, supplies and other equipment (wheelchairs, walkers, bath aids, etc.) are frequently listed in the Yellow Pages under "Hospital Equipment and Supplies."

Easter Seals Crossroads INDATA Equipment Exchange

4740 Kingsway Dr., Indianapolis, IN 46205

317-466-2013, 888-466-1314, www.eastersealstech.com

Relay Indiana Equipment Distribution Program

317-334-1413 (V/TTY), 877-446-8722 (VP)

relayindiana.com/equipment

Library Services

Some libraries have programs that deliver reading and audio-visual materials to the homebound. Many public libraries have computers available to the public with Internet access. Classes and personal enrichment programs may be available, as well as volunteer opportunities.

The Indiana State Library has a variety of books on tape, tape players, DVDs and catalogs available at no charge to those who are legally blind.

Talking Book and Braille Library

317-232-3684, 800-622-4970, www.in.gov/library/tbbl.htm

Boone County Public Libraries

Hussey-Mayfield Memorial Public Library

250 N. 5th St., Zionsville, IN 46077

317-873-3149, www.zionsville.lib.in.us

Lebanon Public Library

104 E. Washington St., Lebanon, IN 46052

765-482-3460, www.leplib.org

Thorntown Public Library

124 N. Market St., Thorntown, IN 46071

765-436-7348, www.thorntownpl.org

Hamilton County Public Libraries

Carmel Clay Public Library

55 4th Ave., S.E., Carmel, IN 46032

317-814-3900, www.carmel.lib.in.us

Hamilton North Public Library—Atlanta

100 W. Walnut St., Atlanta, IN 46031

317-984-5623, www.hnpl.lib.in.us

Hamilton North Public Library—Cicero

209 W. Brinton St., Cicero, IN 46034

317-984-5623, www.hnpl.lib.in.us

Hamilton East Public Library—Fishers

Five Municipal Drive, Fishers, IN 46038

317-579-0300, www.hepl.lib.in.us

Hamilton East Public Library—Noblesville

One Library Plaza, Noblesville, IN 46060

317-773-1384, www.hepl.lib.in.us

Sheridan Public Library

103 W. 1st St., Sheridan, IN 46069

317-758-5201, www.sheridan.lib.in.us

Westfield-Washington Public Library

333 W. Hoover St., Westfield, IN 46074

317-896-9391, www.wwpl.lib.in.us

Hancock County Public Libraries**Fortville-Vernon Township Public Library**

625 E. Broadway, Fortville, IN 46040

317-485-6402, www.fortville.lib.in.us

Hancock County Library—Central Location

900 W. McKenzie Rd., Greenfield, IN 46140

317-462-5141, hcplibrary.org

Hancock County Library—Sugar Creek Location

5731 W. U.S. 52, New Palestine, IN 46163

317-861-6618, hcplibrary.org

Hendricks County Public Libraries**Avon-Washington Township Public Library**

498 N. Avon Rd., Avon, IN 46123

317-272-4818, www.avonlibrary.net

Brownsburg Public Library

450 S. Jefferson St., Brownsburg, IN 46112
317-852-3167, www.bburglibrary.net

Clayton-Liberty Township Public Library

5199 Iowa St., Clayton, IN 46118
317-539-2991, clayton.lib.in.us

Coatsville-Clay Township Public Library

4928 Milton St., Coatsville, IN 46121
765-386-2355, www.coatesvillectpl.lib.in.us

Danville Public Library

101 S. Indiana St., Danville, IN 46122
317-745-2604, www.dplindiana.org

Plainfield-Guilford Township Public Library

1120 Stafford Rd., Plainfield, IN 46168
317-839-6602, www.plainfieldlibrary.net

Johnson County Public Libraries**Edinburgh Wright-Hageman Public Library**

119 W. Main Cross St., Edinburgh, IN 46124
812-526-5487, edinburgh.avcnet.com

Greenwood Public Library

310 S. Meridian, Greenwood, IN 46143
317-881-1953, www.greenwoodlibrary.us

Johnson County Public Library—Clark Pleasant Branch

530 Tracy Rd., New Whiteland, IN 46184
317-535-6206, www.pageafterpage.org

Johnson County Public Library—Franklin Branch

401 State St., Franklin, IN 46131
317-738-2833, www.pageafterpage.org

Johnson County Public Library—Trafalgar Branch

424 S. Tower St., Trafalgar, IN 46181
317-878-9560, www.pageafterpage.org

Johnson County Public Library—White River Branch

1664 Library Blvd., Greenwood, IN 46142

317-885-1330, www.pageafterpage.org

Marion County Public Libraries

Beech Grove Branch

1102 Main St., Beech Grove, IN 46107

317-275-4560, www.indypl.org

Brightwood Branch

2435 N. Sherman Dr., Indianapolis, IN 46218

317-275-4310, www.indypl.org

Central Library

40 E. St. Clair, Indianapolis, IN 46204

317-275-4100, www.indypl.org

College Avenue Branch

4180 N. College Ave., Indianapolis, IN 46205

317-275-4320, www.indypl.org

Decatur Township Branch

5301 Kentucky Ave., Indianapolis, IN 46221

317-275-4330, www.indypl.org

Eagle Branch

3905 Moller Rd., Indianapolis, IN 46254

317-275-4340, www.indypl.org

East 38th Street Branch

5420 E. 38th St., Indianapolis, IN 46218

317-275-4350, www.indypl.org

East Washington Branch

2822 E. Washington St., Indianapolis, IN 46201

317-275-4360, www.indypl.org

Fountain Square Branch

1066 Virginia Ave., Indianapolis, IN 46203

317-275-4390, www.indypl.org

Franklin Road Branch

5550 S. Franklin Rd., Indianapolis, IN 46239
317-275-4380, www.indypl.org

Garfield Park Branch

2502 Shelby St., Indianapolis, IN 46203
317-275-4490, www.indypl.org

Glendale Branch

6101 N. Keystone Ave., Indianapolis, IN 46220
317-275-4410, www.indypl.org

Haughville Branch

2121 W. Michigan St., Indianapolis, IN 46222
317-275-4420, www.indypl.org

InfoZone Branch at the Children's Museum

3000 N. Meridian St., Indianapolis, IN 46208
317-275-4430, www.indypl.org

Irvington Branch

5625 E. Washington St., Indianapolis, IN 46219
317-275-4450, www.indypl.org

Lawrence Township Branch

7898 N. Hague Rd., Indianapolis, IN 46256
317-275-4460, www.indypl.org

Michigan Road Branch

6201 Michigan Rd., Indianapolis, IN 46268
317-275-4370, www.indypl.org

Nora Branch

8625 N. Guilford Ave., Indianapolis, IN 46240
317-275-4470, www.indypl.org

Pike Branch

6525 Zionsville Rd., Indianapolis, IN 46268
317-275-4480, www.indypl.org

Southport Branch

2630 E. Stop 11 Rd., Indianapolis, IN 46227
317-275-4510, www.indypl.org

Spades Park Branch

1801 Nowland Ave., Indianapolis, IN 46201
317-275-4520, www.indypl.org

Warren Branch

9701 E. 21st St., Indianapolis, IN 46229
317-275-4550, www.indypl.org

Wayne Township Branch

198 S. Girls School Rd., Indianapolis, IN 46231
317-275-4530, www.indypl.org

West Indianapolis Branch

1216 S. Kappes St., Indianapolis, IN 46221
317-275-4540, www.indypl.org

Morgan County Public Libraries

Brooklyn Branch

6 E. Mill St., Brooklyn, IN 46111
317-834-2003, morg.lib.in.us

Eminence Branch

11604 Walters Rd., Eminence, IN 46125
765-528-2117, morg.lib.in.us

Martinsville Main Branch

110 S. Jefferson St., Martinsville, IN 46151
765-342-3451, morg.lib.in.us

Monrovia Branch

145 S. Chestnut St., Monrovia, IN 46157
317-996-4307, morg.lib.in.us

Morgantown Branch

79 W. Washington St., Morgantown, IN 46160
812-597-0889, morg.lib.in.us

Waverly Branch

9410 S.R. 144, Martinsville, IN 46151
317-422-9915, morg.lib.in.us

Shelby County Public Libraries

Shelby County Public Library

57 W. Broadway, Shelbyville, IN 46176
317-398-7121, www.myshelbylibrary.org

Shelby County Public Library—Morristown Branch

127 E. Main St., Morristown, IN 46161
765-818-1719, www.myshelbylibrary.org

Senior Advocacy Groups

Senior advocacy organizations represent special interests and issues affecting older adults in state and national legislation. Some of these organizations offer publications, pamphlets, educational programs and open public forums related to specific issues. Some of them work with other advocates and organizations to educate businesses, government representatives and members of the community on the abilities and needs of seniors and people with disabilities.

AARP Indiana State Office

866-687-2277, www.aarp.org/states/in

Alzheimer's Association of Greater Indiana

50 E. 91st St., Ste. 100, Indianapolis, IN 46240
317-575-9620, 800-272-3900, www.alz.org/indiana

Bosma Enterprises

6270 Corporate Dr., Indianapolis, IN 46278
317-684-0600, 866-602-6762, www.bosma.org

Center for At-Risk Elders (CARE)

317-955-2790, www.indianacare.org

CICOA Aging & In-Home Solutions

317-254-5465, 800-489-9550, cicoa.org

Medicare Rights Center

800-333-4114, www.medicarerights.org

National Association of Active and Retired Federal Employees

317-837-6862; www.narfe.org/chapter151

Senior Medicare Patrol (SMP)

317-205-9201, 800-986-3505, www.iaaaa.org/smp.asp

State Health Insurance Assistance Program (SHIP)

800-452-4800, www.in.gov/idoi/2495.htm

County Councils on Aging

CICOA Aging & In-Home Solutions, the Area Agency on Aging for Central Indiana, has established local, independent Councils On Aging in each of the eight counties it serves to secure citizen participation in its mission. Each council is comprised of dedicated volunteers who help define the problems and needs of older Hoosiers in their county and identify solutions. Information about County Councils on Aging can be found at www.cicoa.org/about-us/county-councils-on-aging

Senior Centers

Senior centers offer a wide variety of activities and services. There may be membership fees for some, but several offer sliding scale rates. Many have daily hot lunch programs, classes, exercise and health programs, dances, games, specially priced trips and tours, and personal interest classes. Transportation may also be provided to and from some centers. Many centers are open every day but some are active only a few days per week. Be sure to call the site nearest you for details about programs and hours.

Boone County Senior Services, Inc.

515 CrownPointe Dr., Lebanon, IN 46052

765-482-5220, 317-873-8939, www.booneseniors.org

Christamore House

Social Group for Seniors
2330 W. Michigan St., Indianapolis, IN 46222
317-635-7211, www.christamorehouse.org

Community Alliance of the Far Eastside (CAFE)

Senior Partner Place
8902 E. 38th St., Indianapolis, IN 46226
317-890-3288, www.cafeindy.org/senior-programs

Concord Neighborhood Center

1310 S. Meridian St., Indianapolis, IN 46225
317-637-4376, www.concordindy.org

Edna Martin Christian Center Senior Angels

2605 E. 25th St., Indianapolis, IN 46218
317-637-3776, www.ednamartincc.org/senior-activities

Elton Geshwiler Senior Center

602 Main St., Beech Grove, IN 46107
317-788-4987
www.beechgrove.com/elton-h-geschwiler-senior-center.html

Fay Biccard Glick Neighborhood Center

Recycled Teenagers
2290 W. 71st St., Indianapolis, IN 46268
317-293-2600, www.faybiccardglickcenter.org/seniorsandveterans

Flanner House of Indianapolis

2424 Dr. Martin Luther King, Jr. St., Indianapolis, IN 46208
317-925-4231, www.flannerhouse.com

Franklin Active Adult Center

160 E. Adams St., Franklin, IN 46131
317-736-3696,
www.franklin.in.gov/department/division.php?structureid=55

George T. Goodwin Community Center Silver Eagles Club

3935 Mooresville Rd., Indianapolis, IN 46221
317-247-5201, www.goodwincenter.org

Greenfield Senior Center

280 Apple St., Greenfield, IN 46140

317-477-4343, www.greenfieldin.org/parks/senior-center

Hawthorne Senior Center at Retreat on Washington

2950 Kirkbridge Way, Indianapolis, IN 46222

317-637-4312, www.hawthornecenter.org/programs/seniors

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, hcseniors.org/wp

Heritage Place of Indianapolis

4550 N. Illinois St., Indianapolis, IN 46208

317-283-6662, www.heritageplaceindy.org

Jewish Family Services at the Reuben Center

6705 Hoover Rd., Indianapolis, IN 46260

317-259-6822, www.jewishindianapolis.org/jfs

John H. Boner Neighborhood Centers

2236 E. 10th St., Indianapolis, IN 46201

317-633-8210, www.jhbcc.org

Martinsville Area Senior Center

1369 N. Blue Bluff Rd., Martinsville, IN 46151

765-342-5525, sites.google.com/site/martinsvilleseniors

Mid-North Indianapolis Shepherd's Center

3808 N. Meridian St., Indianapolis, IN 46208

317-924-0959, www.mnscenter.org

Nineveh Area Senior Citizens

3208 E. Rodeo Dr., Nineveh, IN 46164

812- 526-0333

Noblesville Senior Citizens Organization

18336 Cumberland Rd., Noblesville, IN 46060

317-773-6904, www.seniorcitizensorg.org

PrimeLife Enrichment Inc.

1078 3rd Ave., S.W., Carmel, IN 46032
317-815-7000, www.primelifeenrichment.org

Salvation Army—Fountain Square

1337 S. Shelby St., Indianapolis, IN 46203
317-632-0156

Shelby Senior Services, Inc., Shelbyville

1504 S. Harrison St., Shelbyville, IN 46176
317-398-0127, www.shelbyseniorservices.org

Shelby Senior Services, Inc., Fairland

105 S. Walnut St., Fairland, IN 46126
317-398-4817, www.shelbyseniorservices.org

Shelby Senior Services, Inc., Morristown

221 S. Washington St., Morristown, IN 46161
317-431-0507, www.shelbyseniorservices.org

Shelby Senior Services, Inc., Waldron

112 Grant St., Waldron, IN 46182
317-431-3284, www.shelbyseniorservices.org

Shepherd's Center of Hamilton County

Together Today
347 S. 8th St., Noblesville, IN 46060
317-674-8777, shepherdscenterofhamiltoncounty.org

The Social of Greenwood

550 Polk St., Greenwood, IN 46143
317-882-4810, www.thesocialofgreenwood.org

State Offices

For a full listing of state offices, please visit the state of Indiana Web site at www.in.gov.

Indiana Bureau of Motor Vehicles, 888-692-6841

Indiana Department of Natural Resources, 317-232-4200

Indiana Department of Revenue, 317-232-2240

Indiana General Assembly, Legislative Information, 317-232-9856

Indiana House of Representatives, 317-232-9600

Indiana Public Retirement System, 844-464-6111

Indiana State Department of Health
Long-term Care Division, 317-233-7442

Indiana State Department of Insurance, 317-232-2385

Indiana State Information Center, 317-233-0800, 800-457-8283

Indiana State Senate, 317-232-9600

Office of Governor, 317-232-4567

Office of Indiana Attorney General, 317-232-6201

Office of Lieutenant Governor, 317-232-4545

State Health Insurance Assistance Program (SHIP), 800-452-4800

Target Populations/ Other Resources

In This Section:

Individuals who have specific disabilities, medical diagnoses, ethnic backgrounds, national origins, family relationships, income levels, religious affiliations, special problems or considerations, or other targeted characteristics.

Alzheimer's Disease/Dementia

The following organizations offer information, evaluation, support and caregiver training for families and friends of Alzheimer's patients. They also provide referrals to professionals who specialize in caring for and treating persons with Alzheimer's disease.

Alzheimer's Association of Greater Indiana

50 E. 91st St., Ste. 100, Indianapolis, IN 46240
317-575-9620, 800-272-3900, www.alz.org/indiana

Indiana Alzheimer's Disease Center

355 W. 16th St., Ste. 4100, Indianapolis, IN 46202
317-274-7818

Dementia Friends Indiana

The Dementia Friends Indiana initiative—an outreach of Dementia Friendly America—seeks to educate communities across the state about dementia, break down the stigma surrounding dementia, and implement practical changes that make life easier to navigate for those with dementia and for their loved ones. Individuals wishing to become Dementia Friends can attend an in-person workshop or watch a series of videos online. Dementia Friends will learn how to recognize the signs of dementia and what simple actions can be taken to personally contribute to making the community dementia friendly. Additional information can be found online at www.dementiafriendsindiana.org.

Developmental Disabilities

The Bureau of Developmental Disabilities Services (BDDS) provides services for individuals with developmental disabilities that enable them to live as independently as possible in their communities. Vocational Rehabilitation programs are also available through the Division of Disability and Rehabilitative Services. BDDS assists individuals in receiving community supports and residential services using a person-centered plan to help determine which services are needed and who can best provide them. BDDS also monitors the quality of care and the facilities of those who are approved to provide these services in Indiana.

Bureau of Developmental Disability Services

2620 Kessler Blvd. E. Dr., Ste. 105, Indianapolis, IN 46220
317-205-0100, 877-218-3530

Parks Pass for Seniors

Individuals who are age 65 and older or individuals younger than age 65 who receive Social Security Disability benefits may purchase the Golden Hoosier Passport at a 50 percent discount. Show the passport for admission to any state park.

Indiana Department of Natural Resources

402 W. Washington St., Rm. W160A, Indianapolis, IN 46204
317-232-4200, www.in.gov/dnr

Publications for Seniors

Several local magazines and newspapers deal exclusively with senior issues. Some are distributed at no charge throughout the area while others require a subscription or membership fee.

Lifestyle Indy

www.lifestyleindy.com

Senior Citizen's Guide to Indianapolis

www.seniorcitizensguide.com

Seniors Guide

www.seniorsguideonline.com

Senior Life Indianapolis

The Papers Incorporated
P.O. Box 188., Milford, IN 46542
866-580-1138, seniorlifepapers.com

Senior Discount Programs

There is no single discount card that is honored at all businesses. However, some do issue their own cards. Most businesses offer senior discounts upon request. Age requirements are as varied as the discounts. Be sure to ask about potential discounts at the businesses you frequently visit.

The following organization offers special discount services and business discounts to members.

AARP Indiana State Office

One N. Capitol Ave., Ste. 1275, Indianapolis, IN 46204

Toll Free: 866-448-3618, www.aarp.org/states/in

Traumatic Brain Injury Resources

Resource facilitation is a collaborative process between the individual with brain injury, his/her personal support system, and an assigned Resource Facilitator (RF). Resource facilitators assist individuals in navigating systems and services to achieve agreed upon goals.

Brain Injury Association of Indiana

www.biaindiana.org

Rehabilitation Hospital of Indiana NeuroRehabilitation Center (RHI)

9531 Valparaiso Ct., IN 46268

317-879-8940, www.rhin.com

County Senior Corps.

In This Section:

In the late 1970's CICOA Aging & In-Home Solutions developed County Senior Service Organizations as intended by the Older Americans Act to provide information and services for older individuals in the eight counties comprising the Central Indiana region. Each of the organizations on the following pages serves as a focal point for comprehensive service delivery to eligible residents of their county populations.

Boone County

Two Locations:

Boone County Senior Services

515 CrownPointe Dr., Lebanon, IN 46052

765-482-5220, 317-873-8939, www.booneseniors.org

E-mail: bcssi@booneseniors.org

Hours of Operation: Mon-Fri, 8:00 a.m. - 4:30 p.m.

Zionsville Town Hall

1100 W. Oaks St., Zionsville, IN 46077

317-873-8939, www.booneseniors.org

Hours of Operation: Wed. & Fri, 9:00 a.m. - 4:00 p.m.

Eligibility: Boone County residents age 60 or older.

Intake Procedure: Call for information.

Services:

Caregiver Support—Group meetings occur monthly.

Community Outreach—Health promotion activities and events related to promoting healthy aging. Offers State Health Insurance Assistance Program (SHIP), legal assistance.

Community Room—Provides a place for activities and workshops on various topics.

Friendly Visiting—Volunteers are matched one-on-one with individuals who are homebound and lonely.

Homemaker Services—Provides housekeeping services including cleaning, laundry and general shopping.

Personal Care—Provides specialized in-home personal care.

Information and Assistance—Provides information and referrals to resources and services in the county and surrounding area.

Respite Care—Two hours of relief for the family caregiver of an individual with dementia or other chronic health conditions.

Transportation—Transportation if ride originates in Boone County Mon-Fri, 7:30 a.m. - 4:30 p.m. by appointment.

Hamilton County

PrimeLife Enrichment Inc.

1078 3rd Ave., S.W., Carmel. IN 46032

317-815-7000, www.primelifeenrichment.org

Hours of Operation:

Mon–Thurs, 8:00 a.m. - 6:30 p.m.

Fri, 8:00 a.m.- 5:00 p.m.

Eligibility: County residents age 50 and older. Health promotion and wellness, fitness, and social activities open to non-members residing in any county who are age 21 and older.

Intake Procedure: Call for information and availability of services.

Services:

Caregiver Support—Group meetings and individual support including respite and educational programs.

Community Outreach—Assessments and referrals to services such as case management, respite/attendant care, bereavement and caregiver support, assistance to the homebound (friendly visiting), volunteer opportunities, and State Health Insurance Assistance Program (SHIP).

Health Promotion—Fitness facility includes indoor walking track, swimming pool, circuit and cardio fitness equipment. A variety of exercise classes, health screenings and education programs are available. Hot lunch served daily.

Information and Assistance—Information and referrals to resources and services in the county and surrounding area.

Social Activities—Fitness, educational and social activities. Call or visit website for schedule of events.

Transportation—Transportation for residents of Hamilton County, Monday through Friday from 8:00 a.m. - 3:30 p.m. Door-to-door service including wheelchair accommodation for medical appointments, shopping and other needs.

Hancock County

Hancock County Senior Services

1870 Fields Blvd., Greenfield, IN 46140
317-462-3758, www.hcssi.org

Office Hours of Operation: Mon-Fri, 8:00 a.m. - 4:00 p.m.

Transportation Hours of Operation: Mon-Fri, 7:00 a.m. - 5:00 p.m.

Eligibility: County residents age 60 and older or residents with disabilities. Transportation available for residents of any age.

Intake Procedure: Call for information and availability of services.

Services:

Community Outreach—Provide assistance with bill payments, and SC-40 tax credit forms. State Health Insurance Assistance Program (SHIP), offers help with Medicare and insurance information, Medicare Savings Plans, and assistance enrolling in the Supplemental Nutrition Assistance Program (SNAP), incontinence supplies, loan of durable medical equipment.

Handyman—Provides, smoke detector installation and battery replacement, maintenance, and minor home repairs.

Homemaker—Provides housekeeping services such as vacuuming, dusting, laundry and shopping assistance.

Information and Assistance—Trained personnel answer questions and make referrals to community and agency resources. Referral information may include housing, transportation, protective services,

in-home services, assisted care, nutrition, legal services, health insurance and more.

Legal Services—An Indiana Senior Law Project Representative visits offices monthly to assist seniors with legal questions and documents.

Respite/Assisted Care—Provides temporary, in-home, non-medical supervision for frail seniors and persons with disabilities.

Transportation—Non-emergency transportation for various destinations. Transportation is available Monday through Friday with appointments scheduled according to driver availability. Rides are scheduled on a first-come, first-served basis. Wheelchair transportation is available. Donations are encouraged, and fares are determined by destination and funding source. Call 317-462-1103 to schedule.

Volunteer Services—Volunteers visit seniors' homes to provide companionship and general assistance. Volunteers are matched one-on-one. Telephone calls can be made by staff and volunteers to provide reassurance and safety checks. Volunteer groups may provide special projects under the guidance of the Volunteer Coordinator. Call for information on services available from volunteers.

Hendricks County

Hendricks County Senior Services

1201 Sycamore Ln., Danville, IN 46122

317-745-4303, hcseniors.org/wp

E-mail: admin@hendricksseniors.org

Hours of Operation: Mon-Fri, 8:00 a.m. - 4:00 p.m.

Eligibility: County residents age 60 and older

Intake Procedure: Call for information and availability of services

Services:

Community Outreach— Offers State Health Insurance Assistance Program (SHIP), health promotion activities and events related to promoting mood and healthy aging, support groups for caregivers, Alzheimer’s disease, diabetes, Parkinson’s disease, vision loss, and grief/ loss; loan of durable medical equipment as available.

Congregate Meals— Donation based lunch program for individuals 60+ and their spouses. Menu available online. Call by noon the day before to make a reservation.

Homemaker Services—Provides homemaker services such as vacuuming, dusting, and other light housekeeping to residents age 60 and older. There is a fee for this service.

Information and Assistance—Provides information and referrals to resources and services in Hendricks county and surrounding areas including Energy Assistance Program (EAP), financial and legal assistance, insurance and tax preparation as available.

Respite Services—Provides in-home care for a loved one age 60 and older for short periods of time. Assistance with meal preparation, light housekeeping, companionship, supervision, support with bathing, dressing, grooming, mobility, and laundry.

Senior Center—Provides recreational, educational, social and wellness activities.

Transportation—Provides demand response, door-to-door (including wheelchair transport) Monday through Friday from 6:00 a.m. - 6 p.m. for medical appointments, grocery shopping, legal and financial services, meal sites, and errands. LINK is a cooperative service of Sycamore Services and HCSS providing transportation for county residents of any age to destinations within Hendricks County.

Johnson County

Johnson County Senior Services

731 S. State St., Franklin, IN 46131

317-738-4544, www.jc seniorservices.org

E-mail: info@jc seniorservices.org

Hours of operation: Mon-Fri, 8:30 a.m. - 4:30 p.m.

Eligibility: Persons age 60 and older in Johnson County, persons of any age with disabilities.

Intake Procedure: Call for information and availability of services.

Services:

Food Pantry—Maintain a food pantry that may be able to accommodate food delivery to homes in the community.

Holiday Assistance—*Seniors Still Believe* program accepts suggestions for seniors in the community to be recipients of gifts.

Information and Assistance—Provides accurate, informed answers to all your resource needs.

Medical Equipment—Used, quality durable medical equipment such as walkers, portable toilets, shower chairs, and wheelchairs. Donations accepted.

Outreach—Educational and informational services about senior resources in Johnson County.

Transportation—Transportation for Johnson County residents to doctor's appointments, grocery stores, errands and other destinations. Service area includes Johnson County as far north as Southport Road and southern Marion County, door-to-door service for seniors age 60 and over only. No charge for service. Donations appreciated.

Marion County

CICOA Aging & In-Home Solutions

8440 Woodfield Crossing Blvd, Ste. 175, Indianapolis, IN 46240

317-254-5465, www.cicoa.org

E-mail: intake@cicoa.org

Hours of Operation: Mon-Fri, 8:00 a.m. - 5:00 p.m.

Eligibility: Serve individuals with disabilities of any age and individuals age 60 and older in Central Indiana counties.

Intake Procedure: Call the Aging & Disability Resource Center at 317-803-6131 or 800-432-2422.

Services:

Aging & Disability Resource Center (ADRC) —Provides information, assistance and access to resources and services in Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan, and Shelby Counties.

Care Management—Assess personal care needs during at-home visits and coordinate needed services into a care plan. Care managers provide continuous support and monitoring of client needs.

Meals & More—Provides meals to the homebound or at neighborhood meal sites throughout the eight-county area. Assists with managing the applications for and distributions of USDA's Commodity Supplemental Food Program. Nutrition and medication management education also is available.

CareAware—Assists individuals in their role as a primary caregiver to an older individual, person with a disability, or a grandparent raising a grandchild.

Community Outreach—Leadership with community partners and organizations in planning for the needs of the area's older population.

Pre-Admission Screening and Resident Review—Provides pre-admission screening and options counseling to individuals in the community seeking a nursing facility placement.

Safe at Home—Provides accessibility modifications for a safer, more secure home for eligible home owners age 60 and over or for persons with a disability.

Transportation—Program-eligible participants can arrange for transportation to medical appointments, government services, shopping for food, or other needs.

Morgan County

Morgan County Connect

1369 N. Blue Bluff Rd., Martinsville IN 46151

765-342-3007, www.morganconnect.org

E-mail: mvaughn@casmc.org

Hours of Operation: Mon-Fri, 8:00 a.m. - 4:00 p.m.

Eligibility: Persons age 60 and older in Morgan County.

Intake Procedure: Call for information and availability of services.

Services:

Community Outreach—Call for details.

Health Promotion Activity—Call for details.

Information & Assistance—Provides information and referral to resources in the county and surrounding area.

Transportation—Transportation for residents of Morgan County, Monday through Friday during regular business hours. Call for current information about current destinations. Individuals under 60 may be able to access transportation for a small fee.

Shelby County

Shelby Senior Services, Inc., The Horizon Center

1504 S. Harrison St., Shelbyville, IN 46176

317-398-0127, www.shelbyseniorservices.org

Hours of Operation: Mon-Fri, 8:00 a.m. - 4:30 p.m.

Eligibility: Persons age 60 and older in Shelby County.

Intake Procedure: Call for information and availability of services.

Services:

Community Outreach—CICOA lunch site for seniors served Monday through Friday at the Horizon Center. Call for times. Other Horizon Center activities include card games, crafts, games, classes, and travel and day trips.

Family Caregiver Support—Respite, support groups, education for family caregivers, individual counseling. Licensed clinical social worker will provide counseling. Alzheimer’s support group and monthly family caregiver support group. Assistance with referrals or information about community and state services.

Food Pantry—Available to seniors Monday, Wednesday, and Friday from 10:00 a.m. - 12:00 p.m.

Health Promotion Services—Provides activities, events, and nutrition and exercise programs to encourage and educate residents about healthy aging.

Information & Assistance—Provides information and referrals to resources and services in the county and surrounding area.

Homemaker—Provides light housekeeping services, such as vacuuming, dusting and assistance with errands.

Transportation Service—Provides transportation to various destinations for county residents. Call for information on availability of transportation services. A fee is charged to all persons under age 60. Persons age 60 and older are asked to provide a donation.

Other Services—Representatives from legal (Senior Law Project), State Health Insurance Assistance Program (SHIP), and AARP tax assistance are available on site. They also offer personal emergency systems.

Caregiver Services

In This Section:

Caregiving is a familiar part of life. In fact, nearly 43.5 million people in the United States currently provide care, assistance and support for a family member who is elderly or who is living with a disability. Statistically speaking, most of us will be caregivers at some time, and many of these roles will represent extreme personal satisfaction for the caregiver and care recipient for the duration of the journey.

Since caregiving is only one of many “hats” worn by the caregiver, the role can be challenging and stressful, even in the best of circumstances. For this reason, achieving an effective balance of caregiving with other responsibilities, including family and career, usually requires well-planned support. This support may be *informal* (e.g. the help of other family members) or *formal* (e.g. through a health care provider or home care agency). It is often the case that both informal and formal supports are needed throughout the caregiving experience.

Whether you are currently assisting a loved one, concerned about a caregiver you know, or simply gathering information in anticipation of the role, this section is for you.

CareAware Service Overview

People who are caring for an elderly or disabled family member face a multitude of tasks, decisions and feelings that at times can seem overwhelming. Easy access to information and support is essential in any caregiving role, and CICOA is here to help meet that need.

CICOA's caregiver support service, CareAware, offers free caregiving workshops for employers, faith communities and other organizations throughout Central Indiana. The CareAware Department also includes a CareAware options counselors who can speak one-on-one with caregivers to provide a wealth of information to help determine what long-term care options are best suited to their loved ones needs. For general options counseling, call CICOA's Aging & Disability Resource Center at 317-803-6131 or contact the CareAware options counselor at 317-803-6140.

CareAware Workshops

CareAware offers a variety of free, onsite workshop opportunities for corporations, civic organizations, government, and faith communities to provide critical resource information to caregivers and anyone in a position to assist them. Additional information can be found online at cicoa.org/services/careaware/caregiver-workshops. Call CareAware at 317-803-6002 to discuss your organization's needs.

Caregiver Support and Education Services

Caregiver support groups are highly recommended for caregivers, particularly in light of the fact that caregivers are often prone to feelings of isolation and depression. Support groups enable caregivers to encourage one another and share helpful information and may be found at area hospitals, senior service agencies, and through other organizations. This section lists a few organizations known to provide caregiver education and support.

For additional support group listings or to find a group that is specific to your needs, contact Connect2Help 2-1-1 by dialing 2-1-1 from any residential phone or by calling 317-926-4357. Support groups are also listed in this Solutions Guide in the Individual and Family Life Section.

Additional resources for Caregivers are listed on CICOA's CareAware page: cicoa.org/services/careaware/caregiver-resources.

Alzheimer's Association of Greater Indiana

50 E. 91st St., Ste. 100, Indianapolis, IN 46240
317-575-9620, 800-272-3900 www.alz.org/indiana

Boone County Senior Services

765-482-5220, www.booneseniors.org

Catholic Charities Indianapolis

317-261-3378, www.archindy.org/cc/index.html

Indiana Hospice & Palliative Care Organization, Inc.

866-254-1910 Helpline, www.ihpco.org

Jewish Family Services at the Albert & Sara Reuben Senior and Community Resource Center

6705 Hoover Rd., Indianapolis, IN 46260
317-726-5450, www.jewishindianapolis.org/jfs

PrimeLife Enrichment Inc.

1078 3rd Ave. SW, Carmel, IN 46032
317-815-7000, www.primelifeenrichment.org

Shelby Senior Services, Inc.

1504 S. Harrison St., Shelbyville, IN 46176
317-398-0127, www.shelbyseniorservices.org

Today's Caregiver

Online resources that offers interesting and helpful interviews of caregivers, plus articles and tips for successful caregiving.
www.caregiver.com

Kinship Care Resources

AARP

Offers relevant and helpful articles. www.aarp.org/grandparents

Child Care Answers

This organization is part of the Indiana Child Care Resource and Referral network that provides information and services to parents, child care providers, and the community. The website includes a child care search link and online trainings. www.childcareanswers.com

Children’s Defense Fund Leave No Child Behind

Extensive library of information containing anything to do with parenting as a grandparent. Type “Grandparent” in the search bar to find free resource guides for download that not only explain different types of programs, services, and benefits available to grandparents raising grandchildren, but also how to apply for these benefits. www.childrensdefense.org

Grandfamilies of America

This organization provides tools and education for grandparents raising grandchildren, in addition to keeping them informed of ways they can be proactive as a population group. www.grandfamiliesofamerica.org

The Villages’ Family Connection Network

This network offers several services, some of which are support groups, respite activities, and skill-building workshops. www.villages.org/what-we-do/kinship-care

Index

A Caring Place	72	Alzheimer's Store	42
AAA Hoosier Motor Club Driver Improvement	45	Alzheimer's Support Groups	82
AARP.....	45, 113, 122, 137	Amazon Grocery Delivery	17
AARP Driver Safety Course.....	45	American Cancer Society	83
accessABILITY	34, 54	American Lung Association	85
Active Day	72	American Red Cross	87
ADRC	1	AMVETS	21
ADT Security Services, Inc.	57	Apprisen	30, 31
Adult Abuse Hotline.....	81	Area 10 Agency on Aging	102
Adult Abuse Reporting	81	Area Agencies on Aging	101
Adult and Child Mental Health Center.....	96	Area IV Agency on Aging & Community Action Programs	101
Adult Day Service.....	72	Arthritis Foundation.....	82
Adult Education Classes	35	Arthritis Support Groups	82
Adult Family Care.....	20	AseraCare	95
Adult Guardianship Assistance .	91	Ashford Place.....	72
Adult Protective Services	81	Asian Help Services	104
Aged and Disabled Waiver.....	50	Aspire Indiana	48, 96
Agency on Aging & Community Services.....	101	Assisted Living	19
Aging & In-Home Services of Northeast Indiana.....	101	Assistive Technology	42, 106
Aging-in-Place Organizations/Networks	74	Assurance Health.....	97
AHEPA	13	Attorney General.....	29, 93, 118
Albert & Sara Reuben Senior and Community Resource Center	13, 34, 105, 116, 136	Autism Support Group	82
Alcoholics Anonymous	82, 98	Avon-Washington Township Public Library	108
Alcoholism and Substance Abuse	82, 98	Barrington Health & Dental Center	43
Alert Service Dogs	58	Barton Annex	12
Alivio Medical Centers.....	43	Basic Needs	10
ALS Association of Indiana	82	BBB	29
ALS Support Groups	82	BDDS	51, 121
Alzheimer's Association ...	82, 113, 120, 136	Beech Grove Branch.....	110
Alzheimer's Disease.....	120	Beech Grove Senior Center.....	115
		Behavioral Health at Raphael Health Center	96
		Bell Flower Clinic.....	49
		Bereavement Counseling.....	95
		Bethany Village	13
		Better Breathers.....	85

Better Business Bureau	29	Caregiver Support Groups	84
Blackburn Health Center.....	44	Carmel Clay Public Library	107
BMV	29, 118	Carriage House of Glendale	12
Boner Fitness and Learning Center	59	Catholic Charities.....	66, 67, 72, 75, 84, 87, 136
Boone County Auditor.....	31	CDC	76
Boone County Cancer Society...	83	Cell Phone Donation.....	103
Boone County Health Department	38, 46	Center for At-Risk Elders ...	91, 113
Boone County Public Libraries.	107	Center for Healthy Aging	48, 60
Boone County Senior Services.	23, 75, 87, 114, 124, 136	Center for Psychological Development.....	95
Boone County Township Trustee	25	Centerstone	96
Bosma Enterprises..	34, 54, 62, 87, 113	Central Library	110
Boys and Girls Club	87	Charlene's Angels.....	72
Brain Injury Association of America	82	Child Care Answers	137
Brain Injury Association of Indiana	122	Children's Defense Fund	137
Brain Injury Support Groups	82	CHOICE	16, 50
Brightwood Branch.....	110	Christamore House.....	104, 115
Brightwood Community Center	104	CICOA Aging & In-Home Solutions	1, 2, 20, 34, 51, 70, 87, 102, 103, 113, 123, 130
Brooke's Place	95	CICOA Foundation.....	2
Brooklyn Branch.....	112	CICOA Meal Vouchers	14
Brothers United	49	CICOA Meals & More	11, 16
Brownsburg Older Adults Alliance	78	CICOA Neighborhood Meals	11
Brownsburg Public Library	109	CICOA Way2Go.....	22
Bureau of Developmental Disability Services	51, 121	CICOA's Aging & Disability Resource Center.....	1, 58, 81
CAFÉ.....	12, 104, 115	Citizens Assistance.....	24
CAGI	66	Citizens Energy Group.....	24
Cambridge Square of Beech Grove	12	Civil Service Retirement Benefits	65
Cancer Institute	84	Clayton-Liberty Township Public Library	109
Cancer Support Community.....	83	Coatsville-Clay Township Public Library	109
Cancer Support Groups	83	College Avenue Branch	110
Cancercare.....	83	Commodity Supplemental Food Program	15
Canine Companions for Independence	58	Community Action of Greater Indianapolis.....	24, 66
CARE	91, 113	Community Alliance of the Far Eastside	12, 104, 115
CareAware	130, 135	Community Caring Program	75
Caregiver Education	135	Community Centers	103
Caregiver of Veterans	86	Community Development Corporations	76
Caregiver Services.....	134		
Caregiver Support....	124, 125, 135		

Community Health Network 48, 59, 98	CSFP.....15
Community Health Network Behavioral Health..... 96, 97, 98	Cummins Behavioral Health 96, 98
Community Health Network Cancer Care..... 83	Damien Center.....49
Community Home Health..... 95	Danville-Center Township Public Library.....109
Community Hospital East..... 14	Deaf and Hard of Hearing Services.....48, 49
Community Hospital North..... 14	Deaf Community Services.....79
Community Integration and Habilitation Waiver..... 50	Decatur Township Branch.....110
Community Mental Health Agencies.....96	Dementia Friends Indiana.....120
Community Rehabilitation Hospital..... 82, 86	Dental Care.....42
Companion Lifeline..... 57	Department of Health.....93
Companionship..... 75	Department of Public Works.....29
Concord Neighborhood Center..... 104, 115	Department of Veteran Affairs...70
Connect America..... 57	Developmental Disabilities.....120
Connect2Help 2-1-117, 18, 21, 81, 106	Developmental Disabilities Waiver.....50
Connection Pointe Christian Church..... 95	Diabetes Prevention Program....15
Consumer Assistance and Protection..... 29	Diabetes Support Groups.....84
Consumer Protection Division... 29	Disability Legal Services of Indiana.....92
Consumer Services..... 28	Disability Parking Permits.....29
Coordinated Aging Services for Morgan County..... 23, 131	Division of Family Resources....64
Cottage Corner..... 43	Division of Homeland Security...40
County Auditor..... 31	Division of Mental Health and Addiction.....95, 98
County Councils on Aging..... 114	Donated Specialty Items.....106
County Senior Corps..... 123	Donating Used Glasses.....55
County Senior Service Transportation..... 23	Donations.....21
County Veteran Service Officer 65, 70	Driver Assessments.....45
Crawford Manor..... 11	Driver Evaluation and Training Program.....46
Crestwood Village South..... 14	Driver Improvement & Safety....45
Crisscross..... 30	Durable Medical Equipment....106
Critical Signal Technologies, Inc..... 57	Dusk-to-Dawn Bereavement....95
Crohn's and Colitis Foundation of America..... 84	Eagle Branch.....110
Crohn's and Colitis Support Groups..... 84	East 38th Street Branch.....110
Crooked Creek CDC..... 76	East Washington Branch.....110
	Easter Seals Crossroads18, 42, 46, 72, 79, 82, 106
	Edinburgh Wright-Hageman Public Library.....109
	Edna Martin Christian Center..104, 115
	Education & Enrichment.....33
	Elder Laws.....92
	Elder Source of Greater Indianapolis.....13

Elderhostel Programs	36	Friendly Visiting.....	75, 124
Elton Geishwiler Senior Center	115	Garfield Park Branch	111
Emberwood Center	98	Generations	102
Emergency Management.....	39, 40	Gennesaret Free Clinic.....	43
Emergency Response Systems.	57	George T. Goodwin Community Center	115
Eminence Branch.....	112	Geriatric Assessments.....	47
Employment	62	Glasses	53
Energy Assistance Program	24	Glendale Mall Branch	111
Engineering Department.....	30	Golden Gardens.....	73
Englewood CDC	76	Goodwill	21, 62
Environment & Public Health/Safety.....	37	Goodwin Community Center....	104
e-pill Medication Reminders.....	55	GRACE	48
Equipment for the Visually Impaired	54	Grace at Home.....	52
Eskenazi.....	43, 47, 52	Grace Divine	52
Eskenazi Health Eye Care	53	Grandfamilies of America	137
Etelcare Home Services, Unlimited	57	Grandma's Pancake House & Restaurant	14
ExactCare Pharmacy	55	Green Bean Delivery	17
Extra Help	68	Green Park Terrace	13
Eye Care	53	Greenfield Senior Center	116
Eye Care America.....	53	Greenwood Public Library	109
Eye Disease Treatment	53	Grief Counseling	95
Fairbanks	98	Grocery Delivery	17
Families First.....	31, 91, 99	Guardian Medical Monitoring....	57
Family Supports Waiver.....	50	Habitat for Humanity	21, 78, 87
Fay Biccard Glick Neighborhood Center	104, 115	Hadley Institute for the Blind and Visually Impaired.....	54
Fire Prevention.....	38	Hamilton Center, Inc.	97, 99
Firefighters Survive Alive! Inc. ...	38	Hamilton County Auditor.....	31
Flanner House	104, 115	Hamilton County Health Department	38, 46, 59
Fletcher Place Community Center	104	Hamilton County Public Libraries	107
Flu Vaccines.....	46	Hamilton County Senior Services	125
Food Pantries.....	17	Hamilton County Township Trustee	25
Forest Manor Health Clinic	44	Hamilton East Public Library....	108
Forever Young Hoosiers Adult Day Program	73	Hamilton North Public Library. 107, 108	
Fortville-Vernon Township Public Library	108	Hancock County Animal Management.....	79
Foster Grandparent Program.....	66	Hancock County Auditor	31
Fountain Square Branch.....	110	Hancock County Health Department	38, 46, 59
Franciscan Health	51, 59, 84, 87	Hancock County Public Libraries	108
Franklin Active Adult Center	115		
Franklin Road Branch	111		
Freedom Senior Services of Indiana	57		

Hancock County Senior Services	23, 75, 126	Hope Family Care Center	44
Hancock County Township		Horizon Center	132
Trustee	25	Hospice Care	52
Hancock Regional Hospital	14, 59, 83	Hospital Equipment and Supplies	42
Hancock Senior Services	88	House Calls for Seniors	52
Hartford	46	HSI	24
HATS.....	48	HUD	19
Haughville Branch	111	Human Service, Inc.....	24
Hawthorne Community Center	105	Humane Society.....	80
Hawthorne Social Service		Hussey-Mayfield Memorial Public Library	107
Association	116	IAAAA.....	70
Health Care	41	ICAN.....	58
Health Department.....	38	ICAP	24
Healthcom, Inc.	57	IGA	17
HealthNet	43, 44	Immigrant Welcome Center	105
Healthy Aging Brain Center.....	47	Income Support.....	61
Healthy Homes Assessment.....	18	INDATA	106
Hearing Aids.....	48	Independent Adult Day Care Centers.....	73
Heart and Soul Clinic	44	Indiana Alzheimer's Disease Center.....	120
Help at Home, Inc.	57, 58	Indiana Association of Area Agencies on Aging	70
Helping Hands Network	78	Indiana Attorney General ...	29, 118
Hendricks County Animal Control	79	Indiana Avenue Apartments.....	12
Hendricks County Auditor	31	Indiana Bureau of Motor Vehicles	29, 118
Hendricks County Health Department.....	38, 46, 59	Indiana Canine Assistant Network	58
Hendricks County Public Libraries	108	Indiana Department of Natural Resources	118, 121
Hendricks County Senior Services ..	11, 23, 82, 84, 85, 86, 88, 116, 127	Indiana Department of Revenue	31, 118
Hendricks County Township		Indiana Donated Dental Service	45
Trustee	26	Indiana General Assembly	118
Hendricks Regional Health.	14, 60, 84	Indiana Governor	118
Heritage Place	60, 75, 88, 105, 116	Indiana Health Care Association	56
HIV Testing.....	49	Indiana Hospice & Palliative Care Organization	52, 136
Home Accessibility Evaluation ..	18	Indiana House of Representatives	118
Home Care.....	50	Indiana Housing Now	19
Home Modification Evaluation...	18	Indiana Legal Services, Inc.	91, 92, 93
Home Repair and Maintenance	76	Indiana Lions Speech and Hearing	49
Home-Delivered Meals.....	16		
Homeland Security	40		
Homeless Shelters	18		
Homewood Health Campus	73		
Hoosier Uplands.....	102		

Indiana Pet Loss Resources	85	Interlocal Community Action Program, Inc.	24, 67
Indiana Poison Center	38	Interpretation/Translation	78
Indiana Public Retirement System	118	InTouch Bereavement	95
Indiana Reading and Information Services	54	IRIS	54
Indiana State Bar Association....	92	Irvington Branch.....	111
Indiana State Department of Health.....	20, 52, 56, 93, 118	IU Health	49
Indiana State Department of Insurance	118	IU Health Methodist Hospital	38, 97
Indiana State Information Center	118	IU Health Physicians Geriatrics .	48
Indiana State Library	55, 107	IUPUI Office of Community Engagement.....	34
Indiana State Senate	118	Ivy Tech Community College....	34
Indiana University Health	84	J. Everett Light Career Center ...	34
Indiana University Health Cancer Center	83	Jane Pauley Community Health Center	44
Indiana University School of Dentistry	44	JCC Indianapolis.....	60, 105
Indiana University School of Optometry	53	Jewish Family Services	13, 34, 105, 116, 136
Indianapolis Animal Care Services	80	John H. Boner Neighborhood Centers.....	12, 73, 77, 105, 116
Indianapolis Bar Association....	92	Johnson County Animal Control	80
Indianapolis Department of Public Safety	39	Johnson County Auditor	32
Indianapolis Eye Care Center	53	Johnson County Health Department	39, 46, 60
Indianapolis Fire Department....	38	Johnson County Public Libraries	109, 110
Indianapolis Housing Agency....	19, 77	Johnson County Senior Services	23, 88, 129
Indianapolis Legal Aid Society ...	92	Johnson County Township Trustee	26
Indianapolis Metropolitan Police Department	40	Johnson Memorial Health	88
Indianapolis Neighborhood Housing Partnership.....	77	Joy's House Adult Day Services	73
Indianapolis Public Library	54	Just Friends	73
Indianapolis VA Medical Center.	65	Ken-Mar Apartments.....	13
Individual & Family Life	71	Key Consumer Organization....	86
Indy Boomer.....	121	King Park Area Development Corporation	77
Indy Reads.....	88	Kinship Care Resources	137
IndyGo Open Door.....	22	Kroger	17
InfoZone Branch	111	La Plaza	105
INhouse Primary Care	52	Language Interpretation.....	79
Inpatient Mental Health Facilities	97	Language Line Solutions	79
Insight Development	77	Lawrence Township Branch	111
Instacart	17	Lawyer Referral Service	92
		LBC Community Center	105
		Leader Dogs for the Blind	58
		Lebanon Public Library	107
		Legal Assistance.....	91

Legal Line	92	Meals & More	16, 34
Legal Services	90	Meals on Wheels.....	16, 88
Leukemia and Lymphoma Society	83	Meaningful Day Services	73
LGBT National Help Center	86	Medicaid....	20, 42, 52, 53, 64, 106
LGBT National Hotline	86	Medicaid Aged and Disabled Waiver	20
Library Services	107	Medicaid Transportation	23
Life Care	49	Medicaid Waiver.....	16, 50
Lifeline Systems, Inc.	58	Medical Equipment/Assistive Technology Donations	106
LifeSpan Resources, Inc.	102	Medical Mutts	59
LifeStream Services	101, 102	Medicare	20, 42, 48, 52, 53, 67, 68, 69, 97, 106
Lifestyle Indy	121	Medicare Prescription Drug Coverage	68
LifeTime Resources	102	Medicare Rights Center	114
Lions Club	55	Medicare Savings Program (MSP)	68
LIS	68	Medication Delivery.....	55
Little Red Door Cancer Agency.	83	Medication Management.....	55
Long-Term Care Ombudsman ..	93	Medigap	69
Long-Term Care Options Counseling	103	Meijer	18
Low-Income Assistance Programs	68	Mental Health & Substance Abuse	94
Low-Income Subsidy.....	68	Mental Health America.....	96
Low-Income/Subsidized Rental Housing	18	Meridian Health Services	97
Low-Vision Aids.....	53	Meridian Visiting Physicians	52
Low-Vision Rehabilitation.....	54	Michigan Road Branch.....	111
Lugar Towers	12	Mid-North Indianapolis Shepherd's Center.....	116
Luna Language Services	79	Midtown Community Mental Health	97
Lung Health Support Groups	85	Miller's Merry Manor.....	74
Major Hospital	14, 84	Money Management	30
Mapleton-Fall Creek Development Corporation.....	77	Monrovia Branch.....	112
Marion County Auditor	32	Morgan Cancer Services	83
Marion County Public Health Department... 18, 39, 44, 46, 47, 49, 60		Morgan County Auditor	32
Marion County Public Libraries	110	Morgan County Connect....	88, 131
Marion County Senior Services	130	Morgan County Health Department	39, 47, 60
Marion County Township Trustee	26	Morgan County Public Libraries	112
Martindale Brightwood Community Development Corporation	77	Morgan County Senior Services	131
Martinsville Area Senior Center	116	Morgan County Township Trustee	26
Mary Rigg Neighborhood Center	105	Morgantown Branch	112
Mayor's Office	30	Mt. Zion Suburban Apartments ..	13
Meal Vouchers	14		

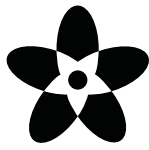
Multiple Sclerosis Support Groups	85	Parkinson's Support Groups	85
My Freedom	22	Parks Pass for Seniors	121
NAMI	96	Partners in Housing Development Corporation	77
National Able Network	62	PASRR.....	56
National Academy of Elder Law Attorneys	92	Patient Abuse and Neglect Program	93
National Alliance on Mental Illness Indiana	96	Peapod.....	17
National Association of Active and Retired Federal Employees .	114	Pecar Health	45
National Multiple Sclerosis Society	85	People's Health & Dental Center	43
National Osteoporosis Foundation	85	Perry Senior Services	13
Near North Development Corporation	77	Personal Emergency Response Systems	57
NeighborLink.....	78, 88	Pet Companionship.....	79
Neurorehabilitation Center.....	83	Pet Grief Support Groups	85
Nineveh Area Senior Citizens..	116	Philips Medication Dispensing Service	55
Noble.....	74	Pike Township Branch.....	111
Noblesville Senior Citizens Organization.....	116	Plainfield Municipal Building	30
Nora Branch.....	111	Plainfield-Guilford Township Public Library	109
Nora Commons on the Monon...	13	Planned Parenthood.....	49
Northwest Indiana Community Action Corporation	101	Poison Control	38, 55
Nursing Facilities.....	56	Poison Safety Education.....	38
Nursing Home Placement.....	56	Pre-Admission Screening Resident Review	56
Nutrition Education.....	15	PrimeLife Enrichment Inc....	11, 23, 60, 89, 117, 125, 136
Oasis	34, 60, 88	Program of All-Inclusive Care for the Elderly	51
Office of Governor.....	118	Protective Services	81
Office of Indiana Attorney General	29, 118	Public Assistance Programs	64
Office of Lieutenant Governor..	118	Public Health.....	38
Ombudsman.....	93	Public Safety	39
Options Behavioral Health System	97	Publications for Seniors	121
Options Counseling.....	103	Purdue Extension.....	35
Organizational/Community Services	100	Qualified Individual (QI)	68
Osteoporosis Support Groups ...	85	Qualified Medicare Beneficiary (QMB).....	68
Outpatient Care.....	96	Quick Medical	56
PACE	51	Railroad Workers Retirement Benefits	66
Palliative Care	52	Raphael Health Center	45, 96
Parking Permits.....	29	REAL Services Inc.	101
Parkinson's Awareness Association of Central Indiana	85	Recycled Teenagers.....	115
		Rehabilitation Hospital of Indiana	46, 54, 83, 86, 122

Relay Indiana	49, 106	Shelby County Health Department	39, 47
Representative Payee Services	30	Shelby County Public Library ...	113
Respite Care	58	Shelby County Township Trustee	27
ReStore	21	Shelby County United Fund	89
Retirement Benefits.....	65	Shelby Senior Services, Inc.	23, 75, 89, 117, 132, 136
Retirement Communities.....	19	Shelbyville Police Department ...	30
Reverse Mortgage Programs....	31	Shelbyville Senior Center.....	14
RHI	86, 122	Shepherd Community Center ..	105
Richard L. Roudebush VA Medical Center.....	48, 65, 98	Shepherd's Center of Hamilton County	75, 117
Riggs Health.....	45	Sheridan Public Library.....	108
Riley Area Development Corporation.....	77	SHIP	68, 69, 70, 114, 118, 124, 125, 126, 128
Riverview Health	14, 60, 85	Shipt	18
Road Scholar, Incorporated	36	Silver Eagles Club.....	115
RSVP Program.....	67	SilverSneakers	60
Safe at Home	74, 131	SMP	69, 114
Salvation Army	21, 117	SNAP	64
SarahCare of Indianapolis.....	74	Social Health Insurance	67
School for Adult Learning.....	35	Social of Greenwood.....	117
Schwan's Home Service	18	Social Security Administration ..	65, 66, 67
Second Family Adult Day Center	74	Social Security Retirement Benefits	66
Section 8	19	South Central Community Action Program.....	25
SEND	77	Southeast Community Services	106
Senior Advocacy Groups	113	Southeast Health & Dental Center	43
Senior Angels.....	115	Southeast Neighborhood Development.....	77
Senior Centers	114	Southeastrans	23
Senior Citizen's Guide to Indianapolis	121	Southport Branch	112
Senior Companion Program	66, 75	Southwest Health & Dental Center	44
Senior Corps Volunteer Program	66	Spades Park Branch	112
Senior Discount Programs	122	Specified Low-Income Medicare Beneficiary (SLMB)	68
Senior Driving & Mobility Services	46	SSBG	16
Senior Law Project	91	SSI	64
Senior Life	121	St. Thomas Medical Clinic	44
Senior Medicare Patrol (SMP) .	69, 114	St. Vincent.....	15, 48, 60, 84
Senior Promise Program.....	59	St. Vincent Stress Center.....	98, 99
Senior Transportation.....	22		
Seniors Guide.....	121		
Serenity & Creative Counseling	99		
Service Animals	58		
Shelby County Animal Shelter ..	80		
Shelby County Auditor	32		

State Health Insurance Assistance Program ...	68, 69, 70, 114, 118, 124, 125, 126, 128
State Offices.....	118
Step Up.....	49
Stetson Senior Apartments.....	12
Still Waters Adult Day Center	74
Stroke Support Groups.....	86
Structured Family Caregiving.....	20
Substance Abuse Services.....	98
Supplemental Nutrition Assistance Program	64
Supplemental Security Income ..	64
Support Groups.....	81
Supportive Housing.....	19
SWIRCA & More	102
Talking Book and Braille Library	55, 107
Tara Treatment Center	99
Target.....	18
Target Populations.....	119
Tax Credit for Seniors	31
Tax Services	31
Telecommunication Relay Service	79
Telephone Reassurance.....	75
The Caring Center	89
The Horizon Center.....	117
The Social of Greenwood	12
The Villages	137
The Willow Treatment and Recovery Center	99
Thorntown Public Library ...	11, 107
Thrift Stores.....	21
Thrive Alliance	102
Today's Caregiver.....	136
Together Today.....	117
Touchpoint Healthy Aging Transition Services.....	48
Touchpoint Senior Living	59
Towers of Crooked Creek.....	13
Township Trustees.....	24, 25
Transitions Senior Behavioral Health Care Services	98
Transportation.....	22
Traumatic Brain Injury Resource	122
Traumatic Brain Injury Waiver....	50
Trevor Project	86
Trinity Free Clinic.....	45, 53
U.S. Department of Housing and Urban Development.....	19
Unified Tax Credit.....	31
United Northeast Community Development Corp.....	78
United Way of Central Indiana...	89
United Way of Johnson County .	89
University of Indianapolis.....	35
USDA Rural Development Office	76
Utility Assistance.....	24
VA Medical Center.....	48, 65, 98
Valued Relationships, Inc.	58
Very Low-Income Housing Repair Program	76
Vet Center.....	86
Veteran Health Insurance	70
Veteran Retirement Benefits.....	65
Veterans Administration.....	70
Veterans Upward Bound.....	35
Villages' Family Connection Network	137
Vincennes University	35
Vision Support Groups.....	86
Visiting Physician Services	52
Visiting Physicians Association..	52
Vistas Program	91
Vocational Rehabilitation	62, 63, 120
Volunteer Development	87
Walker Career Center.....	35
Walmart.....	17
Warren Township Branch	112
Waverly Branch.....	113
Way2Go	22
Wayne Township Branch.....	112
WCIEDD	101
Weatherization.....	24
Wellness Programs.....	59
West Central Indiana Economic Development District.....	101
West Indianapolis Branch	112
Westfield-Washington Public Library	108
Westside Community Development Corp.....	78

WFYI 54
Witham Health Services 15, 84, 85,
89, 98

WorkOne63
YMCA Diabetes Prevention
Program..... 15



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